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Your essential daily news | weekend, August 7-9, 2015

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Notley wades in

ELECTION

Premier fires back at PM over his 'disaster' comments



Robson **Fletcher** Metro | Calgary

Premier Rachel Notley directly responded Thursday to Stephen Harper's assertion earlier in the week that her government's tax policy has been an "absolute disaster," but she didn't mention the Conservative leader by name.

"I completely reject the Conservative campaign's comments about the decisions of the people of Alberta that they made last spring," Notley said. "Whether their federal cousins like it or not, the people of Alberta decided they'd had enough of the Conservative government in this province and they decided to elect a new government."

The premier said her government was following a campaign promise when it scrapped the "unfair health levy" proposed by the Progressive Conservatives prior to the May election and instead increased the provincial corporate tax rate and the personal income tax rates of people earning \$125,000 or more.

Presented with differing policy options during the election campaign, Notley said, "the people of Alberta made their choice."

At a campaign stop Monday, Harper criticized Notley's decision to delay a provincial budget until October, saying: "The new NDP government — they can't present a budget, but what was the first thing they did? They raised taxes, and that's a disaster, an absolute disaster."



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METANIEWS



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How to Douglas

THE INTERVIEW

Innovative chef to host cooking show

Chef Ben Staley has been known in Edmonton for his innovative approaches to meals. This weekend, he's hosting Get Cooking: Summer Preserves, a three-hour course offering four distinct takes on preserving your fresh produce.

Douglas Dollars: Do you remember the first thing you learned to preserve?

Ben Staley: I may not remember the very first time I preserved something, but I can sure remember when it became somewhat of an obsession of mine. Three to four years ago at a restaurant I managed, we started to develop a charcuterie program, making things like bison bresaola, wild boar and chocolate salami, venison cacciatore salami, guanciale, coffee lardo, etc., which are all technically preserves, but in a whole different realm of things.

Fruit and vegetable preserves such as basic acid pickles to lacto-fermentation to oil preserves, that's it own thing.

Douglas: Do you have any favourite items to keep for later? Cracking open a jar of preserved apple sauce in the middle of winter always feels like a treat to me.

Ben: Lacto-fermentation is definitely one that gets the juices



Chef Ben Staley
SUPPLIED/JENS GERBITZ

flowing for me, as everything can taste so different. The difference between lacto-fermentation and a standard acid pickle is that you're relying on lactic acid to preserve the food while using a minimum two per cent salt to halt any other bad stuff from growing. Lactic acid produces a tangy sourness instead of an acidic taste. I find that sometimes a lot of acid pickles can just taste like the vinegar used, but lactofermentation is different almost anytime. My favourite one right now is lacto-fermented beets.

How to Douglas is a weekly entertainment column that started as a newsletter, available in its full form online at metronews.ca. Do you have a suggestion for Douglas? Email doug@favorite.cat

Edmonton's most interesting person shares his weekend plans



SATURDAY

Cariwest Parade

Edmonton calls itself Festival City, and that includes semi-secret one-day punk festivals in basements. Nine bands on this roster, none of which I've heard before. That's a signal that I have to check it out

Noon: Parade will be from downtown to Churchill Square.

FRIDAY

Doug Hoyer Music Video Shoot

Doug Hoyer is recording part of his new video tonight. Get in touch with him through Facebook if you want to take part, especially if you have any interesting visual skills, like juggling or flame eating. Really.



Doug Hoyer. FLICKR/CREATIVE COMMONS/MICHAEL SENCHUK

Cuties, After three days at Golden West Music Fest — a summer camp for witches, wizards and scamps — I've returned, having said yes to nearly everything offered, and writing an opening line for a terrible poem while half-asleep, with the phrase "You Coward Moon ..." Here's what's going on this weekend. **Your pal, Douglas**



FLICKR/CREATIVE COMMONS/MACK MALE

SATURDAY

Summer Preserves with Chef Ben Staley

Get Cooking is a great series of food education seminars at Grant MacEwan. This one on preservation covers salt curing/brining, lacto-fermentation, oil preservation and classic acid pickling — all using fresh produce from the Farmers' Market.

1 p.m. to 4 p.m at 11050 104 Avenue

ALLWEEKEND

Folk Festival

The Edmonton Folk Music Festival runs all weekend. It's enormous and this year's lineup is massive, but still not enough to win me over.



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IN BRIEF

Historic Magna Carta slated to visit Edmonton

The Magna Carta will be on display in Edmonton this fall. In honour of the 800th anniversary of the document, it will be toured through Canada.

The Magna Carta, written in 1215, is one of the most significant historical documents in the world, embodying the principles and development of parliamentary democracy and the legal system in Canada, and much of the Commonwealth.

The Alberta Legislature is one of four stops the Magna Carta will make from June to December, and Alberta's is the only provincial legislature to showcase it.

Programs assist farmers coping with lack of rain

The Alberta government is creating programs to help farmers struggling with the lack of rain this year.

'Based on current conditions we expect to pay \$700-900 million in direct support to farmers by the time the growing season is complete," said Oneil Carlier, minister of agriculture and forestry, at a news conference Thursday.

To date. Alberta Financial Services Corporation has paid out approximately \$70 million, according to a media release.

Rental fees for the emergency water pumping program have also been cut in half. METRO



McKernan residents want the city to shut down a month-long yard sale they say is an eyesore. KEVIN TUONG/FOR METRO

Yard sale never ends

City bylaws put three-day limit on garage sales



Andrea Ross Metro | Edmonton

A month-long yard sale in Mc-Kernan has overstayed its welcome with residents, who are calling on the city to shut down what they say is a neighbourhood eyesore.

Since mid-July, the front and

back yards of a house on the east corner of 114 Street and 78 Avenue have been completely filled with old lawnmowers, birdcages, rusty pots and pans, broken toboggans and other knick-knacks.

"When it started out, it looked like it was going to be a normal three-day or weekend job," McKernan Community League secretary Hilary Gray said. "Then it went on. And on and on."

City bylaws allow a maximum of three days for a garage sale, and a maximum of three garage sales in a year, per property. Garage sale holders must also make sure the items

they sell are safe.

Numerous complaints about the yard sale started coming in more than a month ago, city Complaints and Investigations director Ryan Pleckaitis said.

The city issued an order to clean up the property in July, but the owner appealed the decision, delaying the city's ability to shut it down immediately.

"When you have a neverending garage sale, there are two issues," Pleckaitis said.

"One is that the property owner has changed the character of the residential property and turned it into a commercial property.

"The second issue is it looks

like a mess ... and that's what's really generating the complaints.

He said the city has dealt with the property owner before.

A man who identified himself as the owner of the home briefly emerged from the house Thursday. He refused to give his name.

"I see nothing wrong with some people having a yard sale," he said.

"I don't think that Edmontonians should try to make their city so sterile. I think that if anybody's complaining about this yard sale they should just get a hobby or something and not be so uptight."

Driver not racist, cab company says

The general manager of Co-op Taxi says an incident in which a taxi driver allegedly denied a ride to a First Nations family in Edmonton last weekend was "a complete miscommunication."

Fawn Lamouche said she ordered the cab from Chinatown to transport her and five others in her family to the "Hate to Hope" anti-racism march and rally on Aug. 6.

When the van arrived, it pulled away to pick someone

Lamouche's son-in-law asked if the driver wouldn't take them because of their ethnicity. The driver allegedly responded, "Yeah, you're too native," Lamouche said.

Co-op Taxi general manager

Uday Kumar said both a city inspector as well as Co-op followed up with the driver involved in the alleged incident.

"The driver file is very clean," he said.

He denied the driver used racist language.

"If you're a taxi driver, you have to take the customers, and that is the way we train them too," Kumar said. "We try our best.'



Uday Kumar, Co-op Taxi

Vote

urged on taxation

Vancouver recently said no to a city sales tax to pay for transit improvements, and if the Canadian Taxpayers Federation has its way, urbanites in Edmonton should get a similar vote.

On Thursday, the Federation launched a petition calling on Premier Rachel Notley to test any proposal to offer Edmonton and Calgary larger taxation powers — which both mayors Don Iveson and Naheed Nenshi have expressed interest in at a ballot box.

"I think there's precedent there (in Vancouver), right off the bat, that there needs to be a referendum," said Paige MacPherson, Alberta director with the federation, in Calgary.

Ottawa and the provinces hold power to tax while cities, where the vast majority of Canadians live, are forced to effectively beg for investment in infrastructure.

The province started talks with Edmonton and Calgary on big city charters last year. The charters could see Edmonton and Calgary negotiate the right to collect sales taxes to raise revenues.

Toronto's city charter gave it some taxation powers when it was introduced.

But McPherson said the discussion in Alberta about these new powers has been among elected officials, and "left taxpayers out of the loop.

Further, she said, Edmonton and Calgary already "have enough money to work with."

The federation's position runs up against several within Edmonton city council.

Andrew Knack, Ward 1 councillor, said he considers the federation's proposal to be simplistic, and that the 2013 election, where Iveson won majority support, was a decisive referendum on investment into transit infrastructure.

"He very prominently talked about building out our LRT network," said Knack, noting Iveson won in every Edmonton ward. "I think that says there's a strong interest in getting this done.'

Knack also said the inference cities have enough to build projects, like LRT expansion, runs up against hard numbers.

The Valley Line LRT, he noted, is estimated to cost more than \$3 billion, yet Edmonton council's yearly budget is just \$2 billion. Were Edmonton not forced to "beg for money" from Alberta and Ottawa, "we would not only have the Valley Line running, we'd have LRT running to most corners of the city."

TIM QUERENGESSER/METRO EDMONTON



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CTIVISM

SlutWalk event takes to the streets to spark conversation

Michelle Falk

For Metro | Edmonton

Edmonton's third SlutWalk, set for Saturday, is part of a greater shift in the city's cultural attitude towards sexual violence, says one of its organizers.

"I think things are changing slowly, and I think that Slut-Walk has contributed to changing the mentality, but there's still a long way to go," said Victoria deJong, organizing committee member.

SlutWalk, which takes place this Saturday, starting from Gazebo Park and goes down Whyte Avenue, is an awareness campaign surrounding the idea that nothing a person does makes them deserving of sexual assault.

DeJong said a large part of the success of SlutWalk is a changing societal attitude towards the subject. "I think if this were 30 years ago, Slut-Walk wouldn't fly," she said.

"It's important that we change the dialogue about sexual violence because sexual assault is very under-reported, because victims are being blamed and shamed,"



A participant at the 2011 SlutWalk in Edmonton.

3

I think things are changing slowly, and I think that SlutWalk has contributed to changing the mentality. Victoria deJong

deJong said.

This is the third year of the event and organizers are focusing on LGBTQ issues.

According to deJong, this community faces a dispropor-

tionate amount of sexual violence, including what is referred to as "corrective rape."

Organizers said they hope to see 400 people participate this year.

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Election season opens in Edmonton ridings



With the federal election heating up, here is a quick look at some ridings to watch in Edmonton.

Edmonton — Centre

Downtown will be one of the more hotly contested ridings in the city. Previously held by Conservative Laurie Hawn, who's retiring, the riding was once

the lone bastion for Liberals in Alberta when Anne McLellan represented the area.

Conservative candidate James Cumming hopes to keep the seat blue, but Liberal candidate Randy Boissonnault has been campaigning for the seat for almost two years.

Edmonton — Mill Woods

Liberal candidate Amarjeet Sohi is hoping his popularity as a city councillor will translate to the federal stage as he aims to take this riding, which overlaps with his council ward. Conservative MP Tim Uppal hopes to stop that. Uppal represented the riding of Edmonton - Sherwood Park previously, but due to the realignment he is now representing the new southside riding.

Edmonton — Griesbach

Former city councillor and mayoral candidate Kerry Diotte wants this new riding for the Conservatives, but he will be up against a strong NDP challenger paign team in place for months.

Edmonton Manning

This riding includes much of the old stomping ground of infamous Edmonton East MP Peter Goldring and Zaid Aboultaif is hoping to keep it in the Conservative fold. But he's facing an interesting challenge from NDP candidate Aaron Paquette, an artist and Metis activist who was involved with the Idle No More movement.



A push to close Whyte Avenue to traffic on certain days has hit a roadblock, with the city backing out of the driver's seat.

City steps off car-free's gas

WHYTE AVENUE

Closure plan exposed to the public 'too early': Critic



Braeden Jones Metro | Edmonton

The head of the Old Strathcona Business Association (OSBA) says the city damaged the idea of a car-free Whyte Avenue by launching surveys and open houses without enough information.

"We pleaded with (the city) not to do the public consultation piece, because we didn't yet have an accurate picture of what this could look like," said Murray Davison, OSBA executive director.

"Going early to public consultation was a huge error." Originally the plan was to

It was never

properly

communicated

when it went out

to the public.

Murray Davison, OSBA

executive director

close Whyte Avenue to vehicles for a few hours late at night and bring in late-night transit and cabs, in turn reducing crowd density on sidewalks a proven safety and law enforcement challenge.

In late 2014, the city put the plan to a survey, asking open-ended ques-tions like: "Would you support making a portion of Whyte Avenue 'car free' late at night on weekends?"

Davison said people misunderstood, and thought there would be "a big party on Whyte Avenue and thousands of vehicles running down side streets, which really is not the case." He added that the city did nothing to dispel that.

"All-in-all, it wasn't handled very well," he said. "The city made a mess of the project... It was never properly communicated when it went out to the public and it got way out of

Near the end of July, the city quietly updated its website, without notice, with the tepid results of the public consultation.

About half of respondents highly supported the idea, and the remainder either didn't or did in theory but needed more information.

It also revealed that moving forward with the plan falls to the OSBA as the city steps back into a support role.

"A street closure would involve putting up barriers, making arrangements with police and fire ... making sure everyone who needs to know is aware of the re-routing of traffic," city spokesperson Mary Ann Debrinski said.

"But it would be led by the OSBA, if they choose to."

Davison said the association will re-evaluate and "give it some time to settle down,' adding there is no timeline for restarting the process, but

there is "damage control" to do before attempting to present the plan to the public a second

"We will have a clearer idea of what this should look like, more background info, study the impact, have all stakeholders at the table ... and then try to pilot it," he said.

It's an important thing we will ensure is done right.



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Mulcair loses debate

ELECTION 2015

NDP boss disappoints as federal leaders face off



Steve Rennie Metro | Ottawa

There were no knockout blows, no "You had an option, sir!" moments.

The first — and perhaps only - debate of this marathon federal election campaign to feature all of the major party leaders may not have had a clear winner, but arguably Tom Mulcair came out as the weakest performer when the NDP leader needed a strong performance the most. And that left the real debate, at least in the early stages, between Stephen Harper and Liberal Leader Justin Trudeau.

Here's my view of who owned each of the issues that arose over the course of the two-hour televised debate.

The Economy

Who excelled: Trudeau

Why: He went on the attack early and had Harper on his heels. He made the debate about him and Harper, while excluding Mulcair.

The Environment and Energy

Who excelled: Debate moderator Paul Wells of Maclean's

Why: He put Harper on his heels better than any of the party leaders by pointing out that the prime minister has been promising emissions regulations since 2008.

Democracy

Who excelled: A toss-up be-



Liberal leader Justin Trudeau, Green Party leader Elizabeth May and NDP Leader Tom Mulcair listen as Conservative Leader Stephen Harper speaks during the first federal leaders debate, Thursday, in Toronto. POOL/FRANK GUNN/GETTY IMAGES

tween Trudeau and Mulcair

Why: Trudeau scored when he responded "nine... nine Supreme Court justices" when asked by Mulcair what his acceptable per cent would be for a Yes side win in a referendum on Quebec's sovereignty. Mulcair was strong in going after Harper on the Senate.

Stephen Harper: B+

He took a number of body blows but stayed on his feet. He benefited from the final round being on security and foreign affairs.

Foreign Policy and Security Who excelled: Harper

Why: He kept the focus on ISIL — and managed to pivot away from talk of veterans, where he was vulnerable - in a subject area he probably relished talking about nearly as

much as the economy. Each leader went into the

Justin

Trudeau: A-

He succeeded early on in making the debate between him and Harper. He had a strong first round. Probably exceeded expectations.

debate with a specific objective. Harper had to convince voters that his Conservatives are the only political party that can keep the economy on track and keep Canadians safe from whatever threats might be out

Mulcair had to introduce himself to Canadians and come

Tom **Mulcair: B**

He looked uncomfortable and a bit wooden at times outside looking in as Trudeau and Harper scrapped early on.

off as the prime minister-inwaiting. He had to convince voters — some of whom might never have dreamed of voting for the NDP — that his party is the only one that has a shot at ousting the Conservatives from power.

Trudeau has to show people that he is not the lightweight

Elizabeth May: A

It's an easy A to give out. May went into the debate likeable and articulate. Came across as the conscience of the debate.

The way you deal with this is by sticking with a plan that is working.

Stephen Harper



Honestly, Mr. Harper's plan simply isn't working. We know that.

Thomas Mulcair



The only risk right now would be sticking with what has been a failed plan.

Justin Trudeau



I don't really think he's got a good track record on spotting when this country is in recession.

Elizabeth May

that the Conservatives and NDP have made him out to be. He had to appear as different from Harper and Mulcair as he possibly could — a cheerful, optimistic antithesis to their roughand-tumble politics.

Elizabeth May had to convince people that a vote for the Greens is not a wasted vote, and that her party could wind up holding the balance of power in a minority government.



Go online for election

AMERICA VOTES

Trump the main attraction at first Republican clash

The Republicans set in motion a key ritual of the American political process Thursday, with billionaire businessman Donald Trump using the opening moments of the party's first debate of the 2016 presidential campaign to refuse to rule out running as an independent.

At centre stage, the Republican frontrunner was the only one of 10 candidates to raise his hand when the Fox News hosts asked if anyone onstage would not pledge to support the eventual party nominee.

"I will not make the pledge

at this time," Trump said.

That enraged Kentucky Sen. Rand Paul, who said Trump was "already hedging his bets because he's used to buying politicians."

Trump had already loomed over the events Thursday night. During an earlier event for candidates relegated to a discussion outside of prime time, Trump took shots for his past positions in favour of universal health care and abortion rights.

Trump remains a long-shot candidate to replace President Barack Obama, but the brash

real-estate mogul and realitytelevision star took centre stage in Cleveland, Ohio, as top performer in several recent national polls. Only 10 candidates were invited to participate in the main event, with the remaining seven relegated to a pre-debate forum.

It's a key test for Trump, whose unpredictable style and unformed policy positions mean he doesn't fit neatly into any single wing of the Republican Party.

That appears to be a draw to some Republicans frustrated with Washington and career

eccentricities and outlandish comments — whether about Mexican immigrants being "criminals" and "rapists" or his questioning of the war record of Sen. John McCain will taint the American public's view of the party.

As in the 2012 Republican primaries, the party faces a tug-of-war between those eager for a candidate with broad general election appeal and those who think the key to winning is nominating a fiery conservative.

THE ASSOCIATED PRESS



Republican presidential candidate Donald Trump looks at Jeb Bush, right, as Scott Walker watches during the first Republican presidential debate at the Quicken Loans Arena in Cleveland on Thursday. ANDREW HARNIK/THE ASSOCIATED PRESS

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Sleepwalking blamed in death

CHRIS HYNDMAN

Experts weigh in on dangers associated with disorder

A mother's suggestion that her son, TV personality Chris Hyndman, plunged to his death while sleepwalking has shone a light on the dangers associated with the disorder.

Glenda Hyndman told the Toronto Star that she believed her son fell to his death while sleepwalking on the terrace of the downtown Toronto home he shared with his husband and professional partner Steven Sabados.

Sleep researchers say there have been documented cases in which sleepwalkers engage in very complex activities and wind up inflicting harm on themselves or others. However, they say those cases make up the extreme minority of the situations they encounter.

Hyndman, costar of CBC fashion and design show Steven and Chris, was found lying in an alleyway outside his home late Monday evening. Police have not identified a cause of death but have suggested that there is no criminal investigation underway.

Colleen Carney, director of the Sleep and Depression Laboratory at Ryerson University, said Hyndman's death would be a tragic rarity if it was caused by a fatal sleepwalking accident.

"Injuries during sleepwalking tend to be mild, but there's tremendous variability in sleepwalking and also the severity of it," Carney said.

Somnambulance is unusual in adults. Dr. Sat Sharma, medical director for Toronto's Centre for Sleep and Chronobiology, said that less than one per cent of the adult population suffers from the condition, which is most prevalent in childhood.



We want to protect them, so get them back to bed.

Colleen Carney

Sharma said most sleepwalkers confine themselves to wandering aimlessly in their homes and usually find themselves unable to perform complex tasks like unlocking doors.

Such actions are possible, though, for those with particularly grave conditions. Sharma said risk of injury is "very serious" in such instances.

Carney said one popular misconception about sleepwalkers is that they should not be awakened if a family member finds them on the move.

"That myth, 'Don't wake a sleepwalker,' we say, 'Sure you can,'" she said. "We want to protect them, so get them back into bed." THE CANADIAN PRESS



Chris Hyndman, right, with husband Steven Sabados. Hyndman's mother believes he fell to his death while sleepwalking. RYAN EMBERLEY/THE CANADIAN PRESS FILE

ACTIVISM

No more hiding for transgender child

"Mommy, God made a mistake. I'm really a little girl."

This declaration, spoken by then-two-and-a-half-year-old Warner Schaettgen, has led her West Carleton family on a journey of self-discovery and prompted advocacy work for Schaettgen and others who are transgender, gender creative and gender fluid.

Alongside Stittsville's Lowthian-Rickert family, the Schaettgen family was recently presented with a Joan Gullen Award from Family Services Ottawa. That came "as a complete shock," said Warner's mother, Melissa.

The award recognizes their activism to help create a support and social group where transgender children, and their parents, can make friends and connections and find resources.

The Schaettgens have also been instrumental in helping St. Michael School in Corkery and the Catholic school board create gender-inclusive policies and have spoken on numerous medical panels about their experiences.

The Schaettgens never set out to be the face of transgender rights, said Melissa, but the family realized the importance of speaking out to ensure they — and families like theirs — are heard.

The fear of social rejection and bullying kept the Schaett-gens quiet for six years. They were told by other families with transgender children and by doctors to be prepared to move should they choose to go public, said Melissa.

"Most families live in constant fear, constant fear and in hiding and don't even fathom the idea of coming out and letting their children live free and openly," she said.

Although the family's fight for transgender rights isn't over, Melissa says she is thankful for the support the family has received from parents, the school and the community.



Warner Schaettgen and her mother, Melissa.

JESSICA CUNHA/METROLAND MEDIA

ALCOHOLISM

Online AA sites on rise

Face-to-face meetings are more effective than online groups for those trying to curb alcohol abuse, but use of web-based sobriety support sites is steadily growing, an international survey has found.

The survey of 196 adults with alcohol addiction, including some Canadians, was presented Thursday at the American Psychological Association's annual convention in Toronto.

"Face-to-face killed it, crushed it," said lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., referring to in-person meetings versus online, or mediated, peer support for alcohol dependence.

"What we found was a very significant positive correlation between face-to-face participation and sobriety success and no correlation between mediated support and sobriety success," Grant, a psychologist and addictions counsellor, said in an interview.

Participants in the study completed a survey to measure their behaviours and opinions regarding 12-step meetings like those conducted by Alcoholics Anonymous and online sobriety support systems. Respondents had to have been sober at least one year.

While respondents overall reported preferring face-to-face meetings, online support was increasingly being used, corresponding with a moderate drop in in-person attendance at meetings, the study found.

"Sadly, they are reporting that they are decreasing their face-to-face meetings. They're going and engaging more online," said Grant, who credits going to AA meetings for helping him achieve almost 14 years of sobriety.

14 years of sobriety.

"It wasn't huge, but it was enough to be scary," he said of the migration toward online

"And it was enough to look at what is coming as the millennials, who are much more facile and live online, start to assume the majority.

"It did show enough of a migration to online to show that AA face-to-face could be in trouble."

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They are decreasing their face-to-face meetings.

Don Grant, researcher

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Residents attempt to help beached whales that became stuck on the shores of St. George's Bay in Judique, N.S., earlier this week. LINDEN MACINTYRE/HANDOUT/THE CANADIAN PRESS.

Nova Scotians save 14 whales

WILDLIFE RESCUE

Second mass beaching in two days ends in triumph

Another group of beached whales in Nova Scotia has been helped back out to sea, marking the second time this week that concerned residents joined together to save a stranded pod.

They're still in shallow-ish water, but we're hoping that they will eventually sort of continue their way out," said Tonya Wimmer, president of the Marine Animal Response Society.

The group joined Fisheries and Oceans Canada, the local fire department and residents Wednesday night after 14 pilot whales were beached off Bayfield, near the northern Nova Scotia community of Antigonish.

The rescuers pushed the whales back into the water, but the pod remained nearby and became stuck again shortly after

It's a pretty emotional thing to be involved in.

Tonya Wimmer of the Marine **Animal Response Society**

6 a.m. Thursday, Wimmer said.

"It was a bit of race against time, because the tide was actually just going out and it's an extremely shallow bay," she said.

"Once the tide was out, they were really going to be high and dry."

After about two hours of work, the assembled crews were able to successfully refloat all 14 whales, including at least three that were significantly smaller than the others — likely young calves.

"The hard part ... is that this whole area is very well known in the summertime to be filled with pilot whales," Wimmer said, adding that their feeding habits make them one of the whale species that get stranded with some regularity.

"This is the normal area for them to be. It's normal for them to even be coastal," she said.

"But it's a little strange to have had two mass strandings in the past two days.

On Tuesday, a group of 16 to 19 whales were stranded in a small cove near Judique in Cape Breton. Despite efforts by rescue crews, eight of those whales died.

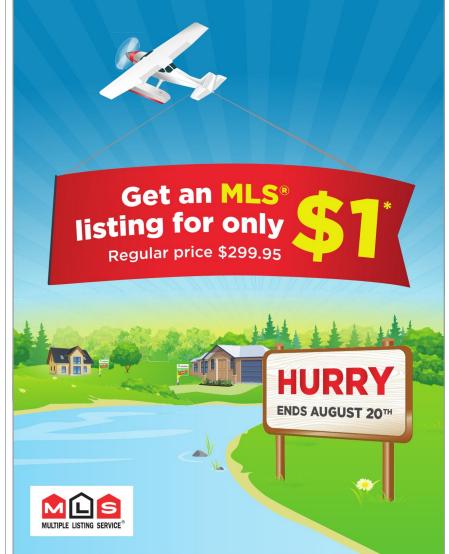
Wimmer said there's a possibility some of the whales saved Thursday were the same as those in Judique, but it's more likely this was a different group. She said there had already been sightings of whales milling off Bayfield when the Judique stranding was underway.

The cause of either stranding is unknown. Wimmer said one whale may have been sick and led the others astray, or the whales could have simply misjudged the tides.

Wimmer credited the people on hand with Thursday's successful rescue.

"It's a pretty emotional thing to be involved in.'

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🛑 HEALTH

Life expectancy increases for HIV-positive Canadians

A new study provides more evidence that an HIV diagnosis is no longer the all-butcertain death sentence of

Researchers say the overall life expectancy of Canadians undergoing antiretroviral treatment for the AIDS-causing virus has climbed to 65

The study also reinforces the effectiveness of starting treatment early.

Dr. Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS, says treatment not only improves the health of people living with HIV but also reduces its trans-

The study's principal in-

vestigator, Dr. Robert Hogg, adds that treatment providers must nonetheless remain vigilant in ensuring therapy reaches everyone, particularly vulnerable groups such as injection drug users.

The study shows that life expectancy increased less for women, injection drug users and people with First Nations ancestry. THE CANADIAN PRESS





New conservative president sworn in

Conservative Andrzej Duda was sworn in as Poland's new president Thursday, bringing political change to the nation's top office. However, confusion surrounded the absence from the ceremony of European Union leader and former Polish prime minister Donald Tusk.

Some officials insisted Tusk had been invited to the ceremony, but aide Pawel Gras told PAP agency that Tusk had no invitation from Duda and was "respecting" that decision.

At the start of his time as prime minister, from 2007, Tusk had tense relations with thenpresident Lech Kaczynski, who co-founded Duda's opposition Law and Justice party. Later, the party accused Tusk of contributing to Kaczynski's death in a 2010 plane crash through lack of concern for the president's security.

Tusk's absence Thursday suggests that Duda might have a hard time working alongside the centrist government that Tusk led until becoming EU leader

In his inauguration speech, Duda, 43, now the supreme commander of Poland's armed forces, said his chief concern was for the nation's security in the face of a resurgent Russia.

THE ASSOCIATED PRESS

NUCLEAR SECURITY

Aerial images show activity at Iran site

Satellite imagery of an Iranian site possibly used for work on a nuclear weapon shows crates, trucks and construction that may be linked to a renewed attempt to clean up before an inspection by the UN's nuclear monitor, a nonproliferation institute said Thursday.

The International Atomic Energy Agency — the UN watchdog — has repeatedly cited previous evidence of possible attempts to sanitize the Parchin site. But the report by the Institute for Science and International Security is significant because the IAEA plans to visit the site soon as part of the deal between Iran and six world powers focused on limiting Iran's nuclear programs in exchange for the removal of economic sanctions.

The institute cited commercial satellite images in an email to The Associated Press, saying they show "renewed activity" at the site. It said that "could be related to refurbishment or cleanup prior to any IAEA inspection or the taking of environmental samples.'

It said the images show what appear to be a bulldozer or a steamroller, containers that have been repositioned and two new structures "of unknown purpose" that appeared between late May and early July.

THE ASSOCIATED PRESS

Flight 370 families can't handle mixed messages

MALAYSIA AIRLINES

Australia, France unable to confirm wing flap origin

The Malaysian government was certain: The airplane part found on an Indian Ocean island came from Malaysia Airlines Flight 370. Investigators in France weren't so sure quite yet.

And those differing approaches created confusion and anguish Thursday for the families of those aboard the ill-fated flight.

"From our first observation, the colour tone and all maintenance records that we have, we know," Malaysian Transport Minister Liow Tiong Lai said. "Our records show that it's the same as

He added that there are 'many other technical details that I do not have to reveal" that confirm the part is from Flight 370.

Malaysian Prime Minister Najib Razak announced early Thursday that the piece of debris, known as a flaperon, came from the doomed aircraft, but authorities in France, the U.S. and Australia have stopped short of full confirmation.

The dissonant comments infuriated many relatives of the 239 people on board the



Malaysian Transport Minister Liow Tiong Lai speaks during a news conference on the missing Malaysia Airlines Flight MH370 in Putrajaya, Malaysia, Thursday. THE ASSOCIATED PRESS

plane, who have waited more than 500 days for concrete clues into the fate of their loved ones. Dai Shuqin, the sister of a passenger, was among about a dozen Chinese relatives who held a demonstration outside Malaysia Airlines' offices in Beijing.

"France is being cautious about it, but Malaysia is desperate to put an end to this case and run away from all responsibilities," she said.

Liow said differences with other countries amounted to "a choice of words."

He also said more debris has been found on Reunion Island and was sent to local authorities for French investigators to examine. However, the Paris prosecutor's office, which is spearheading a French legal inquiry into the crash, denied that investigators had any new debris, and multiple French officials involved in the investigation in Reunion and in Paris said they also were unaware of a new discovery.

The officials requested anonymity, because they did not want to appear critical

of the Malaysian investigation, but those contradictory statements about new debris threw more confusion over an investigation that has often seemed inconsistent, to the dismay of families of those lost.

"Why the hell do you have one confirm and one not?" said Sara Weeks, the sister of New Zealander Paul Weeks, who was on board. "Why not wait and get everybody on the same page so the families don't need to go through this turmoil?

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Terror strikes Saudi mosque

New ISIL affiliate claims responsibilty for bombing

An allegedly new Islamic State of Iraq and the Levant affiliate in Saudi Arabia claimed responsibility for a suicide bombing at a mosque inside a police compound in the country's southwest on Thursday that killed at least 17 people, most of them members and recruits of the kingdom's special forces.

It was the deadliest attack against Saudi security personnel in years and one that is likely to pull the kingdom deeper into the regional war with ISIL extremists.

The blast took place in an Interior Ministry compound in the city of Abha, the provincial capital of Asir, which lies along the border with war-torn Yemen. The troops killed were members of an elite counter-terrorism force.

The attack was stunning in

its timing and target, coming just weeks after the Saudi Interior Ministry announced the arrest of more than 400 suspects in an anti-terrorism sweep. In April, they announced the arrest of more than 90 suspects.

The kingdom had for years quietly allowed thousands of Saudis to leave the country to join militant groups fighting in Iraq and Syria, until the late King Abdullah last year decreed that fighting abroad was illegal. At the same time, Saudi Arabia joined a U.S.led coalition carrying out airstrikes in Syria and Iraq against ISIL.

The kingdom is also leading a coalition targeting Yemen's Iran-allied Shiite rebels who have carried out a number of cross-border attacks against Saudi military targets.

It has also sheltered Yemen's exiled President Abed Rabbo Mansour Hadi, whose loyalists at home are battling Iran-backed Shiite rebels known as Houthis.

Hours after Thursday's bombing in Abha, a previ-



Recent targeted attacks

Before Thursday's attack, at least 40 Saudi civilians and security personnel were killed in various ISIL extremist attacks since November.

Najd Province has carried out drive-by shootings and claimed responsibility for Kuwait's deadliest terrorist attack, which killed 27 Shiite worshippers in June

THE ASSOCIATED PRESS

ously unheard of ISIL affiliate, which calls itself Hijaz Province of the Islamic State, claimed responsibility for the attack.

The group issued a statement saying an ISIL suicide bomber targeted a "monument of the apostate," referring to the special forces' compound in Abha. It described the kingdom's ruling family as "tyrants" who have aligned themselves with 'their Crusader masters," or Western allies.

THE ASSOCIATED PRESS



An Islamic State of Iraq and the Levant militant holds the group's flag as he stands on a tank they captured from Syrian government forces in the town of Qaryatain. ISIL on Thursday seized this key town in central Syria following heavy clashes with President Bashar al-Assad's forces. THE ASSOCIATED PRESS













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DISASTER STATE OF EMERGENCY IN PAKISTAN A worker in an army helicopter drops a bag of relief to villagers stranded in floodwater in Rajanpur, Pakistan. ASIM TANVEER/ ASSOCIATED PRESS

Man killed after theatre standoff

Homeless man armed with axe, pellet gun shot by police

What initially appeared to be another mass shooting at a U.S. movie theatre ended up being an attack by a disturbed homeless man who wasn't armed with a real gun and was eventually shot and killed by police.

Vincente David Montano, 29, bought a ticket for a popular action film at a theatre in Nashville, Tennessee, on Wednesday and entered with pepper spray, an airsoft pellet gun and an axe, Metro Nashville Police spokesman Don Aaron said.

Some of the theatregoers in the audience ran outside and

Swiss police said Thursday that

they have identified the re-

mains of two Japanese climbers

who went missing 45 years ago,

months after their bones were

found on a glacier under the

A climber found the remains

in September at the foot of

the Matterhorn glacier, about

2,800 metres (9,200 feet) above

sea level, Valais canton (state)

police said. They were taken

Matterhorn mountain.

Climbers missing

since 1970 found

alerted police officers who had responded to a vehicle crash nearby, police said in a news release.

South Precinct Officer Jonathan Frith was the first officer to encounter Montano, the news release said.

Montano pointed his pellet gun at Frith and pulled the trigger, prompting Frith to fire one round from his patrol rifle in self-defence, the release said. Frith then backed out of the theatre while keeping Montano contained inside as an elite police unit, SWAT, responded.

At that point, Montano began to use the pepper spray and officers said they encountered a cloud of it as they entered to take Montano into custody. Montano fired his pellet gun again and four SWAT members fired back, the release said. Montano attempted

for forensic examination, and

experts put together DNA pro-

Police in the mountainous

region keep a list of people

who have been reported mis-

sing since 1925. They said that

the Japanese Consulate in Gen-

eva helped them find relatives

in Japan, who provided DNA

that enabled them to confirm

the men's identity results.

THE ASSOCIATED PRESS

to flee out the rear door of the theatre and as he emerged with axe in hand and started toward officers, five opened fire, according to the release. Montano was struck and killed.

No one other than Montano was killed. One man was cut on the shoulder, evidently by the axe Montano was carrying, and that man, his wife and daughter were treated for pepper spray, Aaron said.

Aaron said police had not uncovered a motive, but he said Montano had been committed for psychiatric treatment at least four times over the past decade.

The police report lists Montano's address as "homeless" and says he "has a hard time taking care of himself."

"This individual has had significant psychiatric or psychological issues," Aaron said. THE ASSOCIATED PRESS

🛑 IN BRIEF

China cracks down on sex videos on social media

China's top anti-pornography office said it is demanding that government authorities at all levels throughout China scour such obscene content from online social media, and prosecute those responsible for uploading the content.

The office says cellphone sex videos have threatened to derail social decency. THE ASSOCIATED PRESS CLIMATE CHANGE

Walrus numbers dwindle: Hunters

Anna Oxereok grew up eating walrus in the western Alaska village of Wales. Today it's such a rare treat she can't bring herself to part with the plastic bag of meat in her freezer.

"I have to save it for something special," she says.

It's become increasingly difficult to land a walrus. Remote communities at the edge of the Bering Sea are seeing a steep decline in walrus harvested the past several years as temperatures warm and the ocean ice used by the animals to dive and rest recedes farther north.

Walrus, described by some as having a taste between veal and beef, is highly prized by Alaska Natives as a subsistence food to store for winter. The sale of carved ivory from the tusks, legal only for Alaska Natives, also brings in supplemental income to communities with high unemployment rates.

Hunters and scientists say walrus migration patterns are veering from historical hunting grounds.

Tithink one of the biggest issues is that things have gotten so variable. It's hard to really predict what's going to happen," said Jim MacCrack-en, Alaska walrus program supervisor for the U.S. Fish and Wildlife Service.

Iver Campbell and other Yup'ik Eskimo hunters from two St. Lawrence Island communities harvested more than 1,100 walrus in 2003. But a decade later, hunters managed to take only 555 - a fraction of the ideal of one walrus per resident, per year.

In these communities, a subsistence lifestyle is a necessity. People rely on the region's resources for up to 80 per cent of their diets. Costly store-bought food is not an affordable solution.

"A decline in the subsistence harvest really creates an economic disaster that threatens the health and welfare of the people in the communities," said Vera Metcalf, director of the Eskimo Walrus Commis-

THE ASSOCIATED PRESS



I have to save (stored-away walrus meat) for something special.

Anna Oxereok, Alaska





Business owner Katherina Athanasopoulou, posing at the entrance of her workshop in Athens on Thursday, says export orders

Creditors believe deal possible by deadline

Bank stocks recover after disastrous three days

Greece's talks with its creditors on a vital third bailout are making "satisfactory progress," the European Union executive said Thursday in its most upbeat assessment so far, as Athens stocks rebounded three days after their worst plunge in decades.

A European Commission spokeswoman, Mina Andreeva, said the lenders are hoping to finalize the 85-billion euro (\$92.5 billion US) agreement in time for a major Greek debt repayment in two weeks.

We believe this is an ambitious yet possible timetable,' she said. "Our teams (have been) on the ground (for) almost two weeks, and they report satisfactory progress.'

The radical left government on Wednesday said Athens was hoping to avoid extending negotiations and having to seek an interim loan to cover the Aug. 20 payment, worth more than 3 billion euros (\$3.27 billion US) to the European Central Bank. Greece has already received nearly 240 billion euros in rescue loans since it was drummed out of international markets in 2010. But although it tamed budget deficits through severe spending and income cuts, tax hikes and market reforms, the country still requires a third

The terms of the new loan are being worked out in Athens in talks between government officials and lead negotiators from the European Commission, ECB and International Monet-

ary Fund. The Athens stock exchange gained 3.65 per cent Thursday, three days after its disastrous opening - when a sixth of listed companies' value went up in smoke - following a forced fiveweek closure. Banks, which saw huge losses over the past three days, gained a collective 18 per cent. But state budget execution figures released Thursday showed that last year's modest primary surplus - which excludes debt costs — has been all but wiped out in the first half of 2015. The January-June surplus was 238 million euros, compared to 1.8 billion a year

THE ASSOCIATED PRESS

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TELECOMMUNICATIONS

Wireless subscribers boost BCE's profit

Changes in the rules for wireless contracts gave BCE Inc. a bump in new subscribers and helped raise profits by 25 per cent in the second quarter.

The Montreal-based telecommunications company said Thursday that net income was \$759 million or 90 cents per share, compared to \$606 million or 78 cents a year ago.

The big increase was attributed to a number of other factors as well, including taking full ownership of Bell Aliant last year and gains from the sale of a 50 per cent interest in the Glentel retail business to Rogers Communications.

But it was the addition of 61,000 net postpaid subscribers in the period that stood out as a victory against one of its biggest competitors, Rogers Communications, which managed to deliver just over a third of that growth, or 24,000 customers, in the same period.

Both carriers have been in fierce competition, along with Telus, to retain their wireless customers after the CRTC issued rule changes that eliminate cancellation fees for wireless contracts after two years.

Last year, BCE spent \$64 million more on retention costs - like subsidized phones or discounted packages - to keep customers from straying to its competitors.

In its Internet division, Bell added 18,600 net subscribers and 50,000 customers to its IPTV (Bell Fibe) television service. THE CANADIAN PRESS

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THE KOHLER REPORT: ON — OH, THERE'S AN ELECTION?



You know how dreams are weird and hard to explain to other people? How when you say to someone, "You were there, but you weren't you. You were a hobbit and we were having root beer floats with Gandalf" they start to slowly back away?

Well, the other day I was talking about Canadian politics and I noticed it sounded an awful lot like I was describing a dream. I realized that I had only tidbits of information that I'd gleaned from Facebook, radio, headlines (which I don't click on) and maybe my dad.

Am I alone here? The scary thing is, I know

Imagine the NDP wins?! All roads will be replaced by giant, tulip-lined bike lanes

some of my friends consider me "informed." Let's compromise and say I'm your average Canadian. Please read on to find out the average Canadian's take on #CanPoli.

Harper and his "people" recently passed a bill called C-51; it 's a bill that means if I say bad things about the government, I can be arrested. I think it might be racist, too, but I'm not sure. People were really angry about the bill on Facebook, almost as angry as they were about Cecil the lion. Justin Trudeau was in favour of the evil bill but Thomas Mulcair, leader of the NDP (see, I'm informed), opposed it and that made him a bearded

Now there's an election starting and I hear it's going

to be long and expensive, like a wedding weekend for a friend you don't really care about. But what's really crazy is that Mulcair is leading in the polls.

I may not know a lot but I know that the idea of a Canada led by the NDP is up there with pigs flying in a frozen hell. Oddly, even though it's Mulcair who Harper should be most concerned about, the only attack ads I've heard have been aimed at "Justin" and how he's a pot-smoking teenager with great hair who still needs to go through puberty. Did you know that Trudeau's dad was a famous Prime Minister? His name was Pierre and it's kind of a God/Jesus thing - if Jesus had turned out to be a disappointment.

Harper also put an ad on-

line about how he's against the Netflix tax. The ad felt like something you'd see during a high-school election for co-prez but with lesser production value (I was disappointed he didn't promise free fruit punch in the caf at lunchtime).

I'm not sure when we actually vote, but I'll find out when I get that election card in my mailbox. I'll vote NDP because I think I agree mostly with their policies (Netflix tax aside). Imagine the NDP wins?! All roads will be replaced by giant, tulip-lined bike lanes. Everyone will get a free live-in nanny. Prescription drugs will be included in our health care and Gay Pride will be made a national holiday!

Then the country will declare bankruptcy.

Maybe Canadian politics are less a dream, more an acid trip? Either way, I hope you all learned something here today!

Take that, Chantal Hébert.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

ROSEMARY WESTWOOD

metroview

What you don't know about fentanyl can kill you: It's time to learn

We need to do something about street drugs.

In just the latest death, 17-year-old Jack Bodie died in Vancouver last weekend after snorting fentanyl. The drug is linked to 75 deaths in B.C. in 2014, mostly recreational users, according to the B.C. Coroners Service.

Days later, his dad spoke to CBC Radio.

"I can't say don't do drugs. That's a false start, and we know that from trying to fight the war on drugs," he said. But, he continued, the casual use of fentanyl is seen as no riskier than having a beer.

Fentanyl is unusually deadly, but street drugs in general pose a dilemma for invincible-feeling teens and 20-somethings, because getting high feels fantastic, and most people don't die from it.

"There's always risk," said a longtime dealer I know, one trusted by his friends to provide a safe high.

He knows his wholesalers well. He tests his drugs to confirm what he's got. He takes marijuana to a special site to test for mould, E. coli and other toxins. It's not a perfect system, but it helps, he said.

"If you don't have that, then you're forced into a dark market that is unregulated, uncontrolled, patrolled by piranhas and devious people."

Some don't care what they sell you and whether it's

dangerous.

"Any good chemist can make his pills look like anything these days," the dealer added.

Drug-testing kits are one defence. They could be handed out at walk-in clinics, he suggested, mirroring the harm-reduction tactics of Vancouver's safe-injection site. There could be drug-testing sites at pill-fuelled festivals, equipped with information on drug effects and risks.

Education, he said, is key. Doctors have said most overdoses at Nova Scotia's Evolve Festival result from a cocktail of drugs, making testing kits a moot point. But what if we knew more about the effects of mixing drugs?

The dealer suggested parents sit down with their kids to explain how street drugs affect the body, for good or ill. And, maybe, that they even offer a safe space to experiment, the way some parents let their teenagers drink booze at home.

B.C. police forces, health authorities and the B.C. Coroners Service agree the public needs the information: They've launched the website knowyoursource.ca. It explains fentanyl, overdoses and how to lower your risk if you decide you use it.

One thing should be very clear to us all by now: What you don't know can kill you. And we know far too little.

Happy face/Sad face

From **generous brides** to **egregious grooms,** Metro weighs in on the news making headlines this week



Mill-Drake beef a cash cow for biz?

Companies have taken it u-pun themselves to milk the beef between Meek Mill and Drake. Burger King tweeted a pic of their Whopper with "All these burgers and they still got beef." Texas's Whataburger wrote "Meek Mill take it from us — if you gonna serve beef serve it high quality." Even Rosetta Stone jabbed "We might not be able to translate the latest #MeekMill soundtrack, but we can help you learn languages most ppl speak." The corporate consensus seemed to be that Meek was weak, and their responses were well done.







Oh, weddings. All that fretting about the guest list. Do you invite coworkers? Parents' friends? 4,000 Syrian refugees? If you're Turkish couple Fethullah Üzümcüoğlu and Esra Polat, you do just that. The pair opted on their wedding day to put the money towards feeding refugees in the nearby border town of Kilis, which hosts 123,000 Syrians. The charity Kimse Yok Mu tweeted photos of the couple in full bridal outfits helping to serve up meals. SOURCE: THE DAILY BEAST



#ilooklikean engineer - duh

San Francisco recruitment ad talking about her job. Much reaction followed, the reasons for which are confusing to normal humans. Isis Wenger is a female, an engineer, and attractive — a combo that proved suspicious for some. Anyway, negative comments inspired a viral hashtag (naturally) with thousands of women tweeting their photos with their engineering roles. IWenger said she hoped to help eliminate "subconscious bias" in tech.

It started with a woman on a

OURCE: TECHCRUNCH







Honeymoon groom no honey next day

Ladies, let this be a lesson to you: Let your partner see you at your worst. Or, you know, without makeup. Alternate lesson: Don't agree to marry a jerk. An Algerian groom took his wife to court the day after marrying, seeking \$20,000 in damages for "psychological suffering." The crime? He did not recognize her the next morning without her full makeup and claims he was frightened and thought her a thief who came to steal his apartment.

SOURCE: EMIRATES 24/7



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Stop-motion studio's fab four

ANIMATION

Shaun the Sheep only latest triumph by Aardman

IN FOCUS
Richard
Crouse



Kids' movies come in all shapes and sizes. This year there's been the introspection and action adventure of Inside Out, Minions mayhem and Paddington's cuddly cuteness. For something completely different, there's the Shaun the Sheep Movie, a stop-motion animated film with virtually no dialogue but lots of fun.

Shaun is a resourceful, if mischievous, sheep who lives with his flock at Mossy Bottom Farm. When he accidentally sets off a chain of events that sees his Farmer get amnesia and become a successful hairdresser in the big city, Shaun tries to bring him back home. Wallace and Gromit fans may recognize Shaun the Sheep from the 1995 short film A Close Shave or his self-titled television series.

Animation fans will also recognize the unmistakable style of Aardman, the British animation studio responsible for bringing the Plasticine inventor Wallace and his dog Gromit to vivid life one frame



The genius of the Aardman studio lies in its ability to simultaneously appeal to younger and older audiences. HANDOUT

at a time. Time called their Claymation promo clip for Peter Gabriel's Sledgehammer one of the greatest music videos ever and their first full length film, 2000's Chicken Run, is the highest-grossing stop-motion film of all time.

The beauty of their work is that while it's generally aimed at kids it tickles funny bones young and old. What's the secret to their success?

"We don't make animated films," says founder Peter Lord. "We make films that happen to be animated." Here's a look at my favour-

ite Aardman films.

Wallace and Gromit: The Curse of the Were-Rabbit

The story takes place days before the annual Giant Vegetable Competition. Wallace and Gromit's pest control company — Anti-Pesto — must do battle with a floppyeared mutant rabbit who is nibbling on all the oversized vegetables.

The film is loaded with

MOVIE RATINGS by Richard Crouse

Fantastic Four **
Shaun the Sheep Movie ***
The Gift ***

HOW RATING WORKS

*** SEE IT

** WORTHWHILE

** UP TO YOU

* SKIP IT

fanciful Rube Goldberg-like contraptions, visual gags, bad puns — the cheese-loving Wallace's bookshelf features titles like East of Edam and Grated Expectations — and

double-entendres for the parents in the audience. There is at least one pretty good injoke in there for film geeks too—a snippet of Art Garfunkel's song Bright Eyes, from

the rabbit-themed cartoon Watership Down, is heard on a car stereo. Park also tips his hat to the British love of gardening, King Kong and the Hammer Horror movies.

Pirates! Band of Misfits

It's not every kid's flick that features Queen Victoria, the Elephant Man and Charles Darwin. Pirates! Band of Misfits, however, isn't like most kids' movies. It's splendid side-splitting swashbuckling fun that mixes gentle family friendly humour, with some absurdist Monty Python style gags and Aardman's usual whimsy. There is so much going on here you may want to see this more than once to catch all the sight gags and throwaway lines on offer.

Flushed Away

For the first time ever, Aardman put their clay figures into storage and took a step into the 21st century, making a film that looks a great deal like one of their homemade stop-motion extravaganzas, but is actually computer animated. Flushed Away, the story of an upper class pet mouse flushed down the loo by a bullying rat, features great animation, an all-star British voice cast and something that all kids love toilet humour.

It swirls along at quite a clip, effortlessly mixing literate verbal and visual jokes — we glimpse a cockroach reading Kafka's Metamorphosis — with potty humour that'll appeal to the kids.

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ANIMATION Shaun the Sheep

Director: Mark Burton, Richard Starzak Staring: Justin Fletcher

When Shaun decides to take the day off and have some fun, he gets a little more action than he bargained for. A mix-up with the Farmer. a caravan, and a very steep hill lead them all to the Big City and it's up to Shaun and the herd to return everyone safely.

ROTTEN TOMATOES™ SCORE Critics: Audience:



99% 🝿 82%



Ricki and the Flash

Director: Jonathan Demme Starring: Meryl Streep

In a film loaded with live performances, Meryl Streep stars as Ricki, a guitar heroine who gave up everything for her dream of rock 'n' roll stardom, but is now returning home to make things right with her family. Streep stars opposite her real-life daughter Mamie Gummer.

ROTTEN TOMATOES™ SCORE Critics: Audience:



61% +87%



DRAMA **Dark Places**

Director: Gilles Paquet-Brenner Starring: Charlize Theron, **Christina Hendricks**

Twenty-five years after testifying against her brother as the person responsible for massacring her entire family, a haunted woman (Charlize Theron) is approached by a secret society that specializes in complex, unsolved cases. Based on the novel by Gillian Flynn.

ROTTEN TOMATOES™ SCORE Critics Audience:







MYSTERY & SUSPENSE The Gift

Director: Joel Edgerton Starring: Jason Bateman, Rebecca Hall

Simon and Robyn are a young married couple whose life is going just as planned until a chance encounter with an acquaintance from Simon's high school sends their world into a harrowing tailspin. After a series of uninvited encounters and mysterious gifts prove troubling, a horrifying secret from the past is uncovered.

ROTTEN TOMATOES™ SCORE **Critics: Audience**:



92% 🦷 79%





Paper Towns

Director: Jake Schreier Starring: Cara Delevingne, **Nat Wolff**

Adapted from the bestselling novel by author John Green (The Fault in Our Stars), Paper Towns is a coming-of-age story centring on Quentin and his enigmatic neighbour Margo, who loved mysteries so much she became one.

ROTTEN TOMATOES™ SCORE Audience:





Southpaw

Director: Antoine Fugua Starring: Jake Gyllenhaal, Rachel McAdams

Billy Hope seemingly has it all with an impressive career, a beautiful and loving wife an adorable daughter and a lavish lifestyle. When tragedy strikes and his lifelong manager and friend (Curtis "50 Cent" Jackson) leaves him behind, Hope hits rock bottom and turns to an unlikely saviour at a rundown local gym.

ROTTEN TOMATOES™ SCORE Critics: Audience:







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Demi Lovato, Avril Lavigne and Ashley Tisdale lend voices to Charming. @AVRILLAVIGNE INSTAGRAM

Pop stars to voice fairy-tale heroines

ANIMATED MOVIE

The animated musical is slated for a spring release

Avril Lavigne and Ashley Tisdale will join Demi Lovato in voicing fairy-tale heroines for the animated musical comedy Charming.

Lavigne took to Twitter to announce the news, calling the trio "Triple Trouble," while entertainment company 3QU Media confirmed the news on Twitter as well.

Also joining the cast is Chinese pop star G.E.M.

In the film, Lavigne will voice Snow White, Tisdale will play Cinderella and G.E.M. Sleeping Beauty.

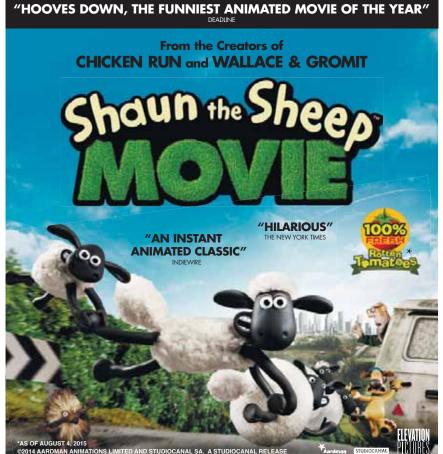
Lovato will play the female lead, Lenore.

The voice of Prince Charming has yet to be revealed.

In the film, a cursed Prince Philip Charming must find his true love before his 21st birthday or risk losing all claim to the throne.

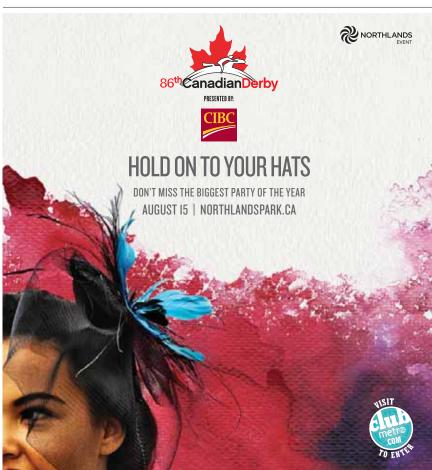
The film is produced by John H. Williams who was behind Shrek, and will be written and directed by Ross Venokur.

Charming is set to be released next spring.



NOW PLAYING! Check theatre listings for locations and showtimes









Marvel's first family is struggling

FANTASTIC FOUR

This franchise has had some serious growing pains

While Marvel's X-Men and the Avengers have built their big screen empires into well-oiled billion-dollar franchises, the Fantastic Four have floundered with never-was and the nevershould-have-been adaptations.

First there was the Roger Corman-produced film that was killed before it hit theatres in 1994, and then two critically loathed, but decently profitable attempts in the mid-2000s with future Captain America Chris Evans as the Human Torch.

The Fantastic Four are among Marvel's longest-running series and most beloved groups. Created by Stan Lee and Jack Kirby, the scientists-turnedsuperheroes were relatable and wry in their interactions as a team — even when they weren't fighting supervillains.

When it debuted in November 1961, it was a refreshing revelation that helped inform the Marvel voice and set a path for Iron Man and Spider-Man.

The family aspect is derived from the brother and sister pairing of Sue and Johnny Storm, the bond between the four after they get powers, and the fact that Sue and Reed Richards eventually become Marvel's most stable couple.

But the movies have yet to get them right, or devise a structure to introduce them to fans and potential fans.

So much like Sony's two Spider-Man reboots, Fox is trying again to resurrect the



We all wanted to fit into Josh's ideas. We wanted to make sure we were all in the same film ... I think that's inevitably what we did.

Jamie Bell



Kate Mara as Sue Storm, and Michael B. Jordan as Johnny Storm in a scene from Fantastic Four. BEN ROTHSTEIN/TWENTIETH CENTURY FOX VIA THE ASSOCIATED PRESS

first family with a cast of fresh faces in Miles Teller, Michael B. Jordan, Kate Mara, and Jamie Bell, and a promising but essentially untested director at the helm in Josh Trank. The film opens Friday.

Trank's breakout, the found footage sci-fi thriller Chronicle was the kind of sleeper hit that can make a novice filmmaker's name in Hollywood. Produced for a mere \$12 million by Fox, Chronicle ended up making \$126 million worldwide in 2012.

It would also be the unintentional tryout that made Trank a no-brainer to revive the thematically similar Fantastic Four.

Fox set Simon Kinberg, who'd already succeeded in helping craft the worlds of X-Men: First Class and X-Men: Days of Future Past, to produce and co-write the origin story.

Trank cast his Chronicle star Jordan as Johnny Storm/Human Torch, who suggested his That Awkward Moment co-star Miles Teller for the part of the genius scientist Reed Richards/Mister Fantastic. Mara and Bell came aboard too as Sue Storm/Invisible Woman and Ben Grimm/ The Thing and they were off, each knowing that success could mean a multi-film, multiyear commitment.

Bell said Trank promised his cast a "small, human approach" to the larger-than-life story about a these humans who get superpowers after a violent accident. Mara said she latched on to the proposed tone and

his ambitions to make a "completely different and a modern take on the comics." Teller, who has been transitioning between the indie and studio world with roles in Whiplash and the Divergent films was intrigued by the opportunity to be part of something this size.

"(Trank) talked about the body horror of it and how these kids were going to have to deal with this trauma before they could harness it. Before they could combat evil Doctor Doom, they were going to have to transition to that place. I was interested in the transition of it," said Teller.

Late game reshoots caused some speculation that the film had problems. But, reshoots

dard for big films. It was mostly a headache getting the cast all of whom were off shooting other films - into the same

In the midst of this, eyebrows were further raised after Trank's

mysterious no-show at the fan event Star Wars Celebration, and his subsequent abrupt departure from the Star Wars an-

no boundaries to the world that he could create," said Jordan. "When you're dealing with a property that's been around for 40 years, you have to kind of

he had been slated to direct.

Comic-Con, he's not been a fix-

ture on the promotional circuit

for Fantastic Four, and was not

made available for this article.

and unspecific about Trank, cit-

The cast are both diplomatic

Though Trank did appear at

stay true to that history. Fantastic Four is probably one of the hardest comic book properties to develop into an actual movie because there are so many different story lines and each character needs its own attention and arc. It makes it very hard to make that into a film.'





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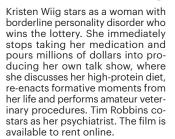
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LIFE Movies WEEKEND, August 7-9, 2015 **23**

HOLLYWOOD MOVIES TACKLE TROUBLED MINDS

This may be the summer of the mental-illness movie. Sympathetic portrayals of people dealing with mental illnesses help broaden public understanding of these little-discussed conditions and show the challenges sufferers face. Here's a look at recent and forthcoming films dealing with mental illnesses THE ASSOCIATED PRESS

Welcome to Me





The End of the Tour

Author David Foster Wallace (Jason Segel) is finishing up his promotional tour for Infinite Jest when he agrees to an interview with Rolling Stone reporter David Lipsky (Jesse Eisenberg). Lipsky alternately tries to befriend and prod Wallace, who becomes increasingly frustrated and self-conscious. The film is based on Lipsky's book, which was published after Wallace's 2008 death.



This biopic shows the life of Nina Simone, from her public persona as a renowned singer, pianist and civil rights activist to her private struggles with abusive behaviour and bipolar disorder. This documentary, which premiered at the Sundance Film Festival, is available





A look at the talent and career of Amy Winehouse, and how fame and her battle with bulimia, depression and addiction contributed to her death at age 27. The film is in theatres now. **Love & Mercy**

Focused on two significant periods in the life of The Beach Boys songwriter Brian Wilson. Paul Dano plays the musician in the late 1960s, when he experienced a creative surge and the onset of mental illness. John Cusack plays Wilson later in his life, overmedicated and controlled by a domineering psychiatrist (Paul Giamatti) until he finds love with future wife Melinda Ledbetter (Elizabeth Banks). The film is in theatres now.



Infinitely **Polar Bear**

Writer-director Maya Forbes based this story on her own childhood experiences. Mark Ruffalo plays a bipolar dad hospitalized after a mental breakdown. Upon his release, he's left to care for his two young daughters when his wife (Zoe Saldana) goes away to graduate school. The film is in theatres now.

I Smile Back

Sarah Silverman stars as a deeply troubled suburban mother struggling with the destructive effects of an unnamed mental condition. She complains that lithium makes her gain weight, so she self-medicates with cocaine, alcohol and promiscuous sex, endangering the life she loves with her adoring husband and their two kids. The film is scheduled to be released in October.



Town of Beaumont - Head Lifeguard

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capacity as well as two years of supervisory experience and will possess the following qualifications: high school diploma, current National Lifeguarding Service and Aquatic Emergency Care/Standard First Aid, This position offers a competitive salary and benefits package, and a

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current Red Cross Water Safety Instructor and/or Life Saving Instructor, 40-hour work week. Evening and weekend work will be required



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The deadpan silence of Shaun the Sheep

ANIMATED FEATURE

Count on a sheep to pay tribute to the silent screen

Steve Gow For Metro

He may be relatively new to Canadian audiences, but Shaun the Sheep is a wildly popular character everywhere else on the planet.

From Britain to Brazil and even Japan — where an exhibition recently attracted 30,000 fans in five days - the clever cloven-hoofed character has proved to be a massive hit for Aardman Studios, the U.K. creators behind stop-motion movies like Chicken Run and Wallace & Gromit.

"If we knew the answer to that (success), we'd have a few more characters probably," laughed Richard Starzak, codirector of the new Shaun the Sheep Movie. As writer and director on the hit BBC series ever since its debut in 2007, Starzak does

> **Shaun takes** a break from the farm in Shaun the Sheep Movie. CONTRIBUTED

hint the global reach of Shaun is simply because "silent comedy is universal."

As a series of seven-minute cartoons, that silence may be golden but it certainly presented a new challenge to Starzak and co-director Mark Burton when they had to stretch Shaun the Sheep into a feature-length film without the use of dialogue.

"That was an exciting challenge for both of us (and) we took two years on the script,' said Starzak of Shaun's offfarm adventure into the big city. "We wanted it to have the integrity of the series so it just seemed to make sense to make it a silent film."

As such, the co-directing duo studied as many movies of the silent era as they could - including early-Hollywood gems from comedians like Charlie Chaplin and Buster Keaton.

never think we should be writing for kiddies. We just make up a story that we enjoy and that makes us laugh," insisted Burton. "Having said that, there are a few moments where our sense of humour gets the better of us and we pop in a reference that is more aimed at adults. Or at least I hope Canadian children won't understand the Hannibal Lecter references.'

However, as much as the comedy pioneers' physical slapstick informed the film's biggest laughs, the directors are also being commended for their slick inclusion of adult-oriented gags referencing everything from TV's Breaking Bad to the serial killer classic Silence of the Lambs. "We never dumb down, we BAAAA STORY A Shaun the Sheep history

1995 — Shaun the Sheep makes a short appearance in Oscar-winning Wallace & Gromit short A Close

2007 — BBC premieres the hit TV series Shaun the Sheep - eventually syndicated to over 170 countries

2008 — Shaun the Sheep gets his own Nintendo DS videogame

2011 — A live touring stage show called Shaun's Big Show premieres in Britain

2015 — London unveils more than 50 giant Shaun sculptures in such locations as Covent Garden and Trafalgar Square

2016 — Shaun the Sheep Land will open in Sweden's zoological theme park, Skånes Djurpark STEVE GOW/FOR METRO

(Animators) based the character of Shaun on Buster Keaton inasmuch as Shaun doesn't have a great deal of expression. That deadpan face (was) followed as a model.

Co-director Richard Starzak



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Charlize Theron inhabits 'Dark Places'

FEMALE LEADS

Oscar-winning actress drawn to 'conflicted' protagonists



Ned **Ehrbar** Metro | Hollywood

Despite being one of the most successful stars in Hollywood, Oscar-winning actress Charlize Theron is painfully aware of how rare it is in popular film to come across a fully realized female protagonist that has some edge.

"It's really interesting when you get to play a woman that is layered and conflicted and has certain human attributes that might not be that attractive, which is part of the human condition," she says.

"Somehow, because we haven't seen enough of it in cinema, it kind of sticks out like a soar thumb and people comment on it.'

While she's not a fan of the



Charlize Theron stars in Dark Places, based on Gillian Flynn's novel of the same name. Flynn also wrote the book behind the blockbuster adaptation, Gone Girl. CONTRIBUTED

state of female characters in movies, she understands why people are focused on them.

"People are talking about it

because there has been such a lack of it," she says.

"I can't say that I'm attracted to angry, dark people. I think what I'm attracted to is characters to me that feel very truthful to the embodiment of a full woman. It's

just refreshing to see women like Gillian write women like that. It feels authentic and

Some keeping an

that she

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eye on Theron's career have CHARACTER STUDY suggested

Charlize Theron won an Oscar for her role as Aileen Wuornos in Monster, a film based on the life of a prostituteturned-serial killer in Florida. cause of her own rocky his-

tory — Theron's mother shot and killed her abusive husband in self-defense in 1991.

But the Oscar-winning actress insists those people are seeing connections where there aren't any.

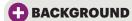
"It's a very easy assumption to make that because I had a very tragic event hap-pen in my life, that that was why I wanted to make this story, and it couldn't be further from the truth.

There really aren't any similarities. The circumstances of this tragedy has absolutely nothing in common with the tragedy that

happened in my life," she

"I think that the correlation in this that people can relate to is that we all come from this family structure that we don't get to choose necessarily," Theron says.

"I have yet to meet somebody that doesn't have some form of skeletons in their closet from the family life that they lived."



Theron and Flynn cook up a recipe for success

Now that she's starred in an adaptation of a Gillian Flynn novel, Charlize Theron has a foolproof plan for the rest of her acting career.

'We've talked about it," Theron says of Flynn and her future writing efforts.

"All of her characters are going to be fivefoot-10 from now on. And flat-chested." NED ERHBAR/METRO HOLLYWOOD



Movies **metr**LIFE **26** WEEKEND, August 7-9, 2015

Canuck dramas, docs shine at TIFF

Fest planner 'thrilled' by strong, large doc selection

Canadian films headed to the Toronto International Film Festival this year include a survival tale from Patricia Rozema starring Ellen Page, a political satire from Philippe Falardeau, a horror film from Bruce Mc-Donald, and a reimagining of jazz trumpeter Chet Baker's life, starring Ethan Hawke.

Festival organizers detailed the Canuck lineup at a press conference Tuesday featuring actors Paul Gross and Rossif Sutherland and veteran directors Rozema and Barry Avrich.

Sutherland stars in a Laos-set thriller called River, Rozema's film Into the Forest stars Page and Evan Rachel Wood as sisters left to fend for themselves, and Gross stars and directs the war film Hyena Road, which was announced last week.

Organizers also touted two surreal visions from auteur Guy Maddin, shorts from directors Don McKellar and Avrich, and several documentary outings from prominent journalists.

'We're really thrilled by the docs," senior programmer Steve Gravestock said.

"We had a lot of really strong doc submissions and I think it's one of our strongest selections and maybe the most docs we've selected in quite some time. It's a pretty broad range, too."

Former CBC personality and doc maker Avi Lewis hits the festival with This Changes Everything, inspired by the bestseller written by his partner Naomi Klein; longtime Maclean's film writer Brian D. Johnson directs the documentary Al Purdy Was Here, about the celebrated poet; Toronto Star investigative journalist Michelle Shephard co-directs Khadr; and former Postmedia film critic Katherine Monk explores the glass ceiling in electronic dance music in Rock the Box.

Meanwhile, other dramatic titles include Falardeau's political feature My Internship in Canada; McDonald's Halloween-set Hellions; and Robert Budreau's '60s-era Born to be Blue, about Baker.

Gravestock was high on the teen film Sleeping Giant, a first feature from Andrew Cividino.

"Giant is I think one of the best feature debuts I've seen since Xavier Dolan's first film. Very Canadian, very English Canadian, very much about the landscape," he said. "It reminded me of summers I had when I was a teenager. (But) I didn't behave nearly as badly as them.

The films join other Canadian features announced last week from Atom Egoyan, Jon Cassar and Deepa Mehta.



Evan Rachel Wood and Ellen Page star in Patricia Rozema's dystopian drama. ELLENPAGEDAILY.COM

Other titles revealed Tuesday include:

· Ville-Marie, directed by Guy

Edoin, which traces four lives at a hospital: an actress who hopes to reconcile with her son, a paramedic haunted by his past, and a nurse trying to keep an emergency room

running.
• Ninth Floor, directed by Mina Shum, about the Sir George Williams Riot of 1969.

• Closet Monster, directed by Stephen Dunn, which follows a young man unsure of his sexuality and haunted by the memory of a tragic gay bashing he witnessed as a child.

• Fire Song, directed by Adam Garnet Jones, about a young man torn between responsibilities at home in a remote reserve and the lure of moving

to the big city.
• How Heavy This Hammer, directed by Kazik Radwanski, about a 47-year-old father of two who is consumed by a crude computer game as his marriage collapses.

• Our Loved Ones, directed by Anne Emond, about a family rocked by a death in the base-



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The Power to Surprise

The key to big-screen success? Be straight, white and male

Looking for your big Hollywood break?

The ability to portray a straight, white male character will help, according to a new University of Southern California study that analyzed gender and racial inequality in topgrossing films from 2007-2014.

Among the top 100 fictional films of 2014, only 21 featured a female lead or co-lead — a decrease of seven per cent from 2013 — and no female actors above the age of 45 had a starring or co-starring role.

Meanwhile, of 4,160 speaking characters in films last year, only 19 were lesbian, gay or bisexual, and no transgender characters were portrayed at all.

"The landscape of popular cinema in 2014 remains skewed and stereotypical," researchers at USC Annenberg's Media, Diversity & Social Change Initiative, who conducted the study,

"Movies continue to distort the demographic reality of their audience. Film characters are overwhelmingly white and male, despite both population statistics and viewing patterns."

The study examined the demographics of 30,835 speaking or named characters in the 100 top-grossing films every year from 2007 to 2014 (exclud-

Race: Of the top 100 films in 2014, 73.1 per cent of characters were white, compared to 12.5 per cent black, 5.3 per cent Asian, 4.9 per cent Hispanic, and 4.2 per cent qualified as "other" (Middle Eastern, American Indian, Hawaiian, etc.)

This demographic breakdown remained largely constant from 2007 to 2014, with the percentage of white characters staying above 71 per cent every year.

Latino characters were the most underrepresented ethnic group, the study found, as Latinos constituted 17.1 per cent of the U.S. population, according to 2013 census figures.

Seventeen films had no black

speaking characters at all, and 40 films didn't have a single Asian speaking character.

Gender: Male characters have outnumbered female ones by a scale of 2.3:1 since 2007.

Last year, women were especially underrepresented in action and adventure movies, animation, and among characters aged 40 to 64.

TORSTAR NEWS SERVICE

Sainte-Marie slams trendy headdresses

MUSIC

Canadian-Cree crooner says head wear is a 'negative to us'

Buffy Sainte-Marie has seen fashion-conscious fans show up to concerts wearing headdresses as a trendy statement - and she's seen enough.

"When it comes to things like headdresses, there are some things that are actually, factually, personally, deeply cultural to our heritage," the 74-year-old musical innovator said in an interview in Toronto this week.

To some guy who's got models in high heels, bikini bottoms, pasties and a big headdress, and everybody's drunk — I want people to understand why that is painful or disgusting, why that is negative to us.

"It'd be like if you really loved

your grandmother or your mom and all of a sudden you're watching wrestling on TV and you see your mom's picture on some wrestler's crotch.

"It's inappropriate. It's not funny. It doesn't help."

For the past few years, headdresses have become a popular — and controversial — fashion accessory. The trend seems to rear its ugly head with particular frequency at summer music

Jessica Simpson flaunted a headdress on Instagram, Pharrell Williams in the pages of Elle UK, Karlie Kloss on a Victoria's Secret runway, Gwen Stefani in a music video, and Vanessa Hudgens at Coachella.

Recently, festivals have fought back against the misguided trend. Osheaga, WayHome, Boots and Hearts, Heavy Montreal, Ile Soniq and the Edmonton Folk Festival have all issued bans in various forms on the fake indigenous headwear.



It's inappropriate. It's not funny. It doesn't help.

Buffy Sainte-Marie

Still, Sainte-Marie says the trend endures.

"We see it a lot in Europe, especially in Germany," said



Jessica Simpson donning a headdress. INSTAGRAM

Sainte-Marie, who was recently shortlisted for the Polaris Music Prize for her fiery album Power in the Blood.

"You see these people showing up and they have hand-made, craftsy, fake headdresslike things, and they somehow think they're paying us a compliment.

"But we let them know."

Still, Sainte-Marie — the decorated owner of an Oscar, a Golden Globe, a BAFTA, a Gemini and two Juno Awards – stops short of calling for an outright ban.

She just wants anyone donning a headdress to understand how it will make an aboriginal person feel.

"I don't tell people what to do," she said.

"If you're still going to be a jerk, that's OK, but we want you to know that there are some things that are part of our cultural heritage that mean a lot to us. The Canadian Press



Canadian singer Buffy Saint-Marie says fake headdresses are not 'paying us a compliment.' CHRIS YOUNG/THE CANADIAN PRESS

GOSSIP IN BRIEF

Dre to donate album royalties

Dr. Dre says he will donate royalties from his new album to the city of Compton for a new performing arts facility.

In an interview with Zane Lowe on Beats 1 Radio, Dre said he spoke to Compton Mayor Aja Brown about ways to give back to the city with the release of his first album in 16 years.

The rapper said Thursday he "decided to donate all of my artist royalties from

the sale of this album to help fund a new performing arts and entertainment facility for the kids in Compton."

Compton: A Soundtrack by Dr. Dre, was inspired by the N.W.A. biopic Straight Outta Compton, which opens Aug. 14, will be released day. Dre said

hopes "everybody appreciates all the hard work I put into this album." THE ASSOCIATED PRESS

Thicke drops track with Minai

Robin Thicke has dropped his latest single, featuring

In a single Twitter post, Thicke put to rest the rumour mill, quieting claims that he's engaged to his 20-year-old girlfriend April Love Geary, and announced his latest track Back Togeth-

"Not engaged, but I do propose that you check out my new track with my girl @NickiMinaj #BackTogeth-







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28 WEEKEND, August 7-9, 2015 Television Metr@LIFE

Fox banks on musical drama

BROADCAST TV

Empire's Lee Daniels to create the pilot

Lee Daniels, co-creator of Fox's mega-hit Empire, is developing a new pilot for the network about three young women trying to make it in the music business.

News of this prospective music drama, Star, was delivered by Fox bosses Dana Walden and Gary Newman at a gathering of TV critics Thursday.

Star would follow on the huge success of Empire, which arrived in January and not only became the biggest hit of the TV season — averaging 17 million viewers weekly — but also provided a shot in the arm for broadcast overall, the executives declared.

Daniels' new project is set against the music business in Atlanta and tells the story of three women who form a band.

Also announced

• A crossover event, timed to Halloween, for Bones and Sleepy Hollow, which will include, re-



Mariah Carey, who is to guest star on Empire, with Empire creator Lee Daniels with. GETTY IMAGES

spectively, a headless corpse and zombie Redcoats.

• Besides previously announced news that Michael Chiklis will join the cast of Gotham, Jason Sudeikis will join his former Saturday Night Live castmate Will Forte for season two of the latter's comedy The Last Man on Earth. And rapper Pitbull will guest star and perform on the second season of Empire.

• A season-long victory lap for American Idol as it heads toward its conclusion. But the music-competition show will also stick to business for its gala farewell cycle. "The producers feel very committed to finding the 15th American Idol and not let the search ... be lost in the celebratory element of the show," said Walden.

Traditional broadcast

In a world where streaming video networks are grabbing eyeballs and much glory, New-

TV REBOOT

Prison Break bros are back

Also under way is a reboot of Prison Break. Originally airing on Fox from 2005 to 2009, this serial drama will bring back its stars, Wentworth Miller and Dominic Purcell, who play beleaguered brothers, for a 10-episode arc.

The original series has

been a fixture on Netflix, where it demonstrated sustained popularity as "a whole new generation has caught up" with it, said Walden.

The network had already announced another revival: a series based on the 1980 film Urban Cowboy, which may premiere as soon as mid-season.



You can really create a cultural event and a social event

Fox boss Gary Newman

man was asked what traditional broadcast TV networks can still offer. He pointed to Empire.

"You can really create a cultural event and a social event," he said. Thanks to social media buzz and word-of-mouth with each episode aired, "viewer interest fed on itself. The audience continued to grow, because our

viewers were doing the marketing for us."

'The truth is out there'

Sure to stir things up as a TV event: The midseason return of the long-ago bombshell The X-Files

A brief clip from this much-anticipated revival was screened for critics, which found Mulder (David Duchovny) still looking for the truth out there:

"This is not an alien conspiracy!" Mulder tells his long-ago partner Scully (Gillian Anderson). "This is a conspiracy of men!"

THE ASSOCIATED PRESS



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A shopping experience

Shopping shouldn't be a chore. It should be a fun, easy experience where shoppers and producers mingle with live music playing in the background — just like at The Old Strathcona Farmers' Market.

"Shopping at the OSFM is ideal for many reasons. It's a community, so not only do you get quality local products but you also have the opportunity to form a relationship with the farmer growing your vegetables or the chocolatier making your guilty pleasures," says Joshua Cutler, assistant manager.

The Old Strathcona Farmers' Market began in 1983 in the parking lot on the corner of 83rd Ave and 103rd Street (now used as free parking). It started with 10-15 vendors but in 1986 it moved inside to the Old Bus Barns where it grew. Now in the 30th year of operation, the Old Strathcona Farmers' Market rotates a roster of nearly 300 vendors through 185 stalls. On any given Saturday, there are about 130 vendors selling only locally produced, handmade products.

And even after so many years, their philosophy has held true: "We Make it! We Bake it! We Grow it! We Sell it!"

"It feels good to buy local because you're supporting your community," Cutler says.

"You're not just getting your weekly groceries, you're enjoying a day out to see friends and family with music, good food, and a warm atmosphere."



metr#LIFE | Music WEEKEND, August 7-9, 2015 **29**



Globe-trotting house music DJ Marc Kinchen a.k.a. DJ MK went from jamming in basements to a major Twitter shout-out from Mercdes Benz for his Look Right Through remix. CONTRIBUTED

House brings DJ MK to life

After a bunch of dead ends, **Mark Kinchen** hits a groove



Jesse Ship For Metro Life

DJ MK was a sleeping giant. It's safe to say that you're kind of a big deal when Mercedes-Benz is gushing about your songs on Twitter.

'It was totally random. All my friends were texting me about how Mercedes said they love playing my remix of Look Right Through in their vehicles!" laughs globe-trotting house music deejay Marc Kinchen, a.k.a. DJ MK, who started his career as a DJ/producer as a teen in the late '80s.

"Growing up in Detroit, music was really big, I had a band in high school and it seems like everyone was influenced by Prince. Everyone wanted to be in a band, sing and write songs."

Like most kids making

music, they jammed in their basements. "It was unorthodox. We didn't know what we were doing. It's not like we spent a lot of time with record producers, but we thought we knew what we were doing. You

In the '90s where hip hop was the biggest thing, now house music is what that was

Mark Kinchen a.k.a. DJ MK

didn't have to learn a lot back then about technology because there just wasn't that much to

work with.' A lot has changed since then. After moving to New York and attaining a cult following in the underground scene MK became a go-to for record labels to remix their pop artists. In 1993, his remix of Celine Dion's Let It Go became a surprise No. 1 Billboard hit in the dance division, but the label still had no idea he even existed.

"I looked up to Quincy Jones at the time and that's where I wanted to be. Outside of the cool kids, house music wasn't getting the respect from the higher-ups in the business."

Instead, Kinchen worked his connections and wound up producing for Jay-Z, but the pop world was disillusioning. While he earned the respect he always wanted, the power politics of the industry turned him off. "It became too political. It became all about who you know, and who you can give kickbacks to," he shrugs with an audible "meh!"

That wasn't for him, either. He then scored a stint in L.A. as Will Smith's in-house producer following his Big Willie Style album, but wound up working on his films instead. Another dead end.

It wasn't until Pitbull sampled his catchy, but ever-socheesy horns for Hotel Room Service from one his classic '90s records that he was rediscovered as a House music deejay, and MK was on his way back to the top, rubbing shoulders with the Diplos and Calvin Harrises of the day.

"In the '90s where hip hop was the biggest thing, now house music is what that was."

House music is pop music really, he says, and business is booming.

"The roles are totally reversed now. Record label presidents are now calling to get an MK remix. That's what I wanted it to be like in the '90s, but it just wasn't ready yet."

While there are still a few months to go before his first studio album drops, his new single, a summery '90s-tinged anthem Bring Me To Life featuring the 18-year-old vocalist Milly Pye, has just been released.

MK is a regular on the Ibiza club circuit but you can catch him in Toronto on Friday Aug. 7 at The Hoxton as part of their Focus Fridays series.



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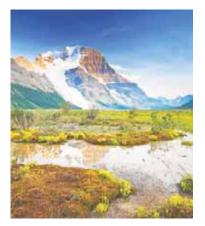


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Your essential daily news Italy earmarks 18.5-million euros to rebuild Colosseum arena floor

Best of the Pacific Northwest

What could be better than hitting the highway to see the sights in summertime? Kicking back and letting the rails carry you instead. Rocky Mountaineer's Coastal Passage Route connects Seattle with Vancouver and the Canadian Rockies, winding through scenic canyons and past sparkling waters with rich marine ecosystems. Here are some of the gems passengers will experience on this route. METRO



Mount Robson

The most prominent mountain in the North American Rocky Mountain Range, Mt. Robson is also the highest point in the Canadian Rockies and one of the first dramatic sights travellers will see aboard Rocky Mountaineer.



San Juan Islands

After crossing the border, views of the beautiful San Juan Islands will slowly come into sight. And if travellers are lucky, they might even catch a glimpse of an orca whale or two.



ALL PHOTOS ISTOCK

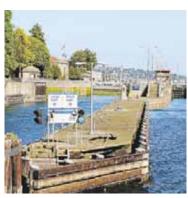
Travelling through the scenic Fraser Canyon, Rocky Mountaineer's guests will overlook a strange and beautiful site: 750 million litres of water travelling a 33-metre-wide passage. Known as Hell's Gate, it is one of the most treacherous passages on British Columbia's gold-bearing Fraser River.

Chittenden Locks

3 Hell's Gate

As guests near the end of the route, they'll see a complex system of locks at the west end of Salmon Bay. Part of the Lake Washington Ship Canal, the Chittenden Locks provides a link for boats between the salt water of Puget Sound and the fresh water of the Ship Canal.

SOURCE: ROCKY MOUNTAINEER



2 Pyramid Falls

Located on the east side of the North Thompson River, the beautiful Pyramid Falls are 300 feet high and cascade that distance in two large drops before flowing under the railway tracks and into the North Thompson.

2016 OLYMPIC HOST

Wildlife, ancient pyramids among South America's treasures



Loren Christie

One year from now, the world will be descending on Brazil when Rio de Janeiro hosts the 2016 Olympic Summer Games. If you want to join in on the biggest celebration of sport on Earth now, is the time to book.

CoSport is the authorized Olympic ticket reseller for Canada and the only official source for buying Olympic tickets and packages. According to CoSport, tickets are currently available for a variety of events at a range of prices. Hotel and ticket packages, which include two-, three-and four-star accommodation options, are also available. Go to cosport.com to book.

Kim Vincent, the product and business development manager for Globus Family of Brands in South America, also recommends making your arrangements now. According to her, planning a trip to Rio during the Olympics will be tricky as the hotels will likely hold back part of their inventory until closer to the start of the Games. If you can find something now, book it.

Brazil is the third-most popular destination for Globus in South America and if you are planning to head down, Vincent recommends going beyond Rio de Janeiro. Some of her sugges-

tions include visiting Iguazu Falls, booking a lodge experience or cruise on the Amazon, or heading to the Pantanal, the country's wetlands.

"Go out with a naturalist to see the animals by foot, boat or horseback," she says. "Unlike the Amazon there is no jungle canopy so it's a great opportunity to see wildlife such as giant anteaters, anacondas and jaguars."

With a successful World Cup behind it and preparations for the Olympics well underway, Brazil has taken big steps in improving the safety and security of the country's tourist zones. Vincent says she has always felt comfortable in the country and no one needs to worry beyond taking any normal precautions when you travel.

If your trip planning should take you beyond the borders of the Olympic host country, consider checking out the Chilean fjords, the Galapagos Islands or Peru. In addition to Machu Picchu, the Inca Trail and Sacred Valley, the coastal region and northern Peru are all well worth spending time in. A one-hour flight from Lima, the Valley of the Pyramids in northern Peru is home to the remains of an ancient civilization that predates the Incas. Peru is also one of the few countries in South America that does not require Canadians to purchase a visa to enter the country.

Cincinnati a baseball mecca

All-Star host city ready to play ball with tourists all year round

The city that hosted baseball's All-Star Game last month was the home of a team that played like all-stars back in 1869.

The Cincinnati Red Stockings went 57-0 that year as baseball's first officially professional team. Player-manager Harry Wright's team added new players before the season, led by his brother, George, who was credited with a .633 batting average and 49 homers. Disbanded because of financial issues after two seasons, the team is being honoured this summer with a variety of hometown homages.

So, even though the powdered rosin has settled following the All-Star Game on July 14, Cincinnati still has plenty to love for baseball fans. Here are some of the offerings on hand to learn more about the city's rich baseball history, as well as other milestones of America's Pastime.

See the wall of balls

Adjacent to the Great American Ball Park, where the All-Star Game was played, the Reds' own Hall of Fame and Museum is filled with artifacts and interactive exhibits covering Cincinnati players from the Wrights to the "Big Red Machine" of the 1970s to the current team.

Chief curator Chris Eckes says it's difficult to estimate the number of artifacts and display items, which include historic baseballs, uniforms, gloves, documents and photos. Start counting with a wall of 4,256 baseballs representing hometown star Pete Rose's record career-hit total.

Special exhibits this summer are Stars of the Queen City, about Reds' all-stars through the years, and one on Tony Perez, the Cuban-born slugger also in the National Baseball Hall of Fame who later this summer will become the latest Reds star honoured



A visitor browses a display commemorating former Cincinnati Reds player and manager Pete Rose in the Kings of the Queen City exhibit at the Cincinnati Reds Hall of Fame and Museum. PHOTOS BY JOHN MINCHILLO/THE ASSOCIATED PRESS



TALES OF THE GREAT BAMBINO

The Cincinnati Museum Center in Union Terminal has Queen City Baseball: Diamonds & Stars among its other exhibits, shows and children's activities. In a short self-guided tour, visitors can see artifacts such as contracts and player cards from the early days of baseball in the city and grainy black-and-white footage from the 1919 World

A highlight is the audio playing in the background of Waite Hoyt's last Reds radio broadcast in 1965. Hoyt, a Hall of Fame pitcher, called games for more than two decades for the Reds while plugging for sponsor Burger Beer. An on-air trademark was his tales during rain delays about former New York Yankees teammate Babe Ruth. A typed script on display at the museum recounts Ruth's love for driving at high speeds, leaving a trail of chicken carcasses behind on country roads.

with a statue outside the park.

Wear your black socks

The Reds' museum and Legacy Tours have teamed up for a guided 90-minute walking tour called "1919 — The Year That Changed Baseball" focusing on a colourful cast of characters from that era led by Reds president August "Garry" Herrmann.

Herrmann is credited with brokering the deal that helped form the modern major league and giving Cincinnati its first World Series title, a distinction that was marred after eight members of the Chicago White Sox were banished from baseball for fixing the Series by "throw-



A wall of 4,192 baseballs at the museum to commemorate Rose's Sept. 11, 1985, record-breaking hit.

ing" it to the Reds in what became known as the Black Sox Scandal.

The museum has added Sunday tours to its regular Saturday lineup, and will run through

One game, many people

The National Underground Railroad Freedom Center has a new exhibit called Diversity in Baseball celebrating barrier-breaking players: black, Jewish, Native

American, Latino, Asian and female — such as stars of the women's professional baseball league started during the Second World War as told in the movie A League of Their Own.

There are also displays on Jim Abbott, who overcame being born without a right hand to become a successful big-league pitcher who threw a 1993 nohitter, and umpire Dale Scott, who last winter came out as gay. THE ASSOCIATED PRESS

Chicago named

best pizza city in U.S.



Best pizzeria: Juliana's Pizza in New York, TRIPADVISOR

Chicago has been declared the pizza capital of the U.S. in a new ranking that will surely stoke the long-standing rivalry between the Windy City and New York when it comes to pizza pies.

But how do you quantify which city can boast the title of best pizza destination in the U.S.?

For their ranking, TripAdvisor analysts looked at the quality and quantity of pizza restaurant reviews on their site, giving more weight to reviews penned over the last year. Then, they looked at the ratio of pizzerias and reviews compared to all restaurants for each city.

"Travellers come from all corners of the country to sink their teeth into Chicago's deep dish, the big cheese of pizza destinations according to reviewers on TripAdvisor," said Brooke Ferencsik, director of communications in a statement.

"New York City pizzerias also toss out an excellent slice, with Juliana's in Brooklyn ranking as the top pizza restaurant in the country and two other N.Y.C. restaurants within the Top 10.'

Top 10 U.S. pizza cities

- 1. Chicago. III.
- 2. New York, N.Y.
- 3. New Haven, Conn.
- 4. Orlando, Fla.
- 5. San Francisco, Calif.
- 6. Washington, D.C.
- 7. Las Vegas, Nev.
- 8. San Diego, Calif. 9. Phoenix, Ariz.
- 10. Miami Beach, Fla.

TRAVEL NOTES ICY BARGAINS, FALSE FREEBIES AND LATIN LUXURY

Antarctic deal

To mark its 25th anniversary, Quark Expeditions is offer ing up to 25 per cent off bookings made and paid for before Sept. 30, 2015, for select cruises to Antarctica from Nov. 1, 2016 to March 15, 2017. This deal includes nine express-style fly/cruise voyages that get you to the seventh continent even quicker. Visit QuarkExped-



Antarctic adventure awaits.

Scam alert

Beware of any "robocalls" you may get, even on your mobile phone, that appear to be from a hotel chain or airline, offering you free rooms or a flight discount and asking you to "press one" to collect. These are scams perpetrated to gain info about you that should remain private. Report these calls to the Canadian Anti-Fraud Centre at 888-495-8501.



Phone scams sound too good to be true. PEXELS.COM

Bucket list

Get five-star luxury at threestar prices at the Andaz Hotel on famed Papagayo Peninsula in north Costa Rica. Just 30 minutes from the Liberia airport, this gem sits on the black- and white-sand beaches of Culebra Bay overlooking the yachts at Marina Papagayo. Local culture, incredible design and a beautiful spa. Visit Papagayo.Andaz.Hyatt.com



Blue Jays cap sweep of Twins

MLE

Encarnacion drives in four runs; T.O. visits Bronx next

With an uncanny combination of power and speed, the Toronto Blue Jays finished off a fourgame sweep of the Minnesota Twins and are streaking into Yankee Stadium as the hottest team in baseball.

Five players drove in runs Thursday at Rogers Centre as the Blue Jays blew out the Twins 9-3 to extend their winning streak to five going into a crucial weekend series at the American League East-leading New York Yankees. Toronto has won eight of its past nine games and is now 4-1/2 games back of the division lead.

"You've got that feel every day when you come to the field, 'Who's next?" winning pitcher Mark Buehrle said. "No matter if it's a rookie pitching or a guy that's been around for a while, you've got that feel of, 'Who's butt are we going to kick today?"

Edwin Encarnacion drove in four runs on two doubles and his 21st home run of the season. When Minnesota intentionally walked him in the fifth inning, catcher Dioner Navarro knocked in two more.

Seven batters either drove in or scored a run, more evidence





Twins left-fielder Eddie Rosario looks on as fans catch Blue Jay Edwin Encarnacion's two-run home run on Thursday night in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

that almost no holes exist in what has quickly become the most feared lineup around the league. Twins outfielder Torii Hunter thinks the Blue Jays can make a lot of opponents look bad.

"There aren't too many teams

THURSDAY In Toronto





going to beat that team over there," Hunter said. "The way they hit the ball is just unbelievable. When they hit the ball, it sounds like car crashes. They're one of the best teams in baseball, offensively."

Even Toronto's No. 9 hitter Ben Revere got into the action in the series finale, going 3-for-4 with three runs scored. The speedy left-fielder advanced to third base on a bunt single and a throwing error and provided the kind of multidimensional threat that's invaluable in a playoff race.

The Blue Jays (58-52) were also lights out defensively. Kevin Pillar made a highlight-reel, full-extension diving catch in centre field in the eighth inning that was worthy of a standing ovation from the crowd of 34,847 and his teammates in the home dugout.

"That was one of those times where I kind of felt like I had a little bit of intuition with the guy on the mound, with the hitter, I kind of felt like I knew where the ball was going to go before it did," Pillar said. "I just had a good jump, and I'm out there to win games in whatever way possible." THE CANADIAN PRESS



CFL ESKIMOS TAKE WINNING STREAK TO WEST COAST The Eskimos' Kendial Lawrence is tackled by Steven Clarke of the Lions in Vancouver on Thursday night. The Eskimos entered the matchup winners of their last four games while the Lions were looking to snap a two-game losing streak. For the story, go to metronews.ca. Jonathan HAYWARD/THE CANADIAN PRESS



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Fear no longer a factor for Rivard

PARAPAN 2015

Decorated teen swimmer tried to avoid her 400m specialty

Aurelie Rivard won a silver medal in her 400-metre freestyle event at the 2012 London Paralympics.

Not bad for a 16-year-old who, just a few years before that, suffered panic attacks before swim meets and would throw up on the pool deck.

"I was scared of everything," Rivard recalls. "I remember how I was and I don't understand why I didn't just quit. My mom said, 'Why are you doing it if you don't love it?' I would say, 'I'm going to do it, it'll be fine,' and it was never fine but I would do it again."

The St-Jean-sur-Richelieu, Que., swimmer didn't quit but, for years, she did frustrate her coach by refusing to race any distance over 100 metres

Her coach, France Latendresse, knew that the young swimmer's strength would be in the longer distances and, eventually, Rivard relented.



STEVE RUSSELL/TORSTAR NEWS SERVICE

Things started to turn around for her at the 2010 IPC swimming world championships in the Netherlands. She was 14 years old, far away from her family and more scared than she had ever been, but Rivard surprised herself by being able to sleep at night and train hard during the day.

"I was OK," she says, smiling at the memory. "This is where I had realized that I had changed."

Her coach saw it too and pounced on that confidencebuilding meet. Not long after, at the Quebec championships, convinced Rivard it was time to race 400 metres. "I said, 'OK, I'll try it.' I was really scared, but when I came out of the race I was like, 'Well, that was fun, I'll do it again.'"

She won that first 400, and her time — five minutes and 13 seconds — qualified her for international meets. A year later, at the London, it was down to 4:36, an astounding improvement.

Today, Rivard says the 400 is her favourite event.

"I'm a long-distance swimmer," she says, with a smile.

Rivard may feel that way, but her results in other events and the number of Canadian freestyle records she holds from the 50 metres through to the 800



Aurelie Rivard keeps lowering Canadian record times in a variety of distances in the pool.

steve russell/torstar news service metres — would say she is im-

pressively versatile in the pool. She has lowered the 100-metre Canadian record several times.

It is the 19-year-old Rivard who has become Canada's young face of para swimming, joining such veterans as 19-time Paralympic medallist Benoit Huot.

Since her first Paralympics three years ago, when she won her silver medal and reached the final in four other events, Rivard has continued to find success. She won a team-high five medals at the 2013 world. In 2014 at the Pan Pacific Para-swimming championships, she won three gold medals (in the 50, 100 and 400), silver in the 100-metre backstroke and bronze in the 200 individual medley.

Rivard added two more

world championships titles in July, winning both the 50- and 400-metre freestyle events in her S10 classification, and earned silver in the 100 free and the 200 individual medley.

It is the top step of the podium that she will be looking for at the Toronto Parapan Am Games. The swimming competition runs Aug. 8 to 14. TORSTAR NEWS SERVICE

GOLE

Couples enjoying Calgary course before he gets 'too old'



Fred Couples GETTY IMAGES

With a sore back that has limited him to playing just five Champions Tour events this season, Fred Couples knows that defending his Shaw Charity Classic title this weekend won't be an easy task.

Fortunately for him, he's been known to tear it up at Canyon Meadows Golf and Country Club.

Couples won last year's event at the Calgary course in thrilling fashion by chipping in for eagle on the par-5, 18th hole to shoot a course record

9-under 61 before beating Billy Andrade in a one-hole playoff.

"To be honest, when I chipped it in, I didn't know I shot 61, I just knew I had a really good round," said Couples, 55, who has won 11 times in six seasons on the Champions Tour. "I haven't shot many 61s in my life and it was a good one here."

In order to win back-toback titles, Couples will have to fend off challenges from the likes of Charles Schwab Cup points race leader Colin Montgomerie and Jeff Maggert, who has already won a pair of majors — the Regions Tradition in May and the U.S. Senior Open Championship in June — this season. "The main thing is I like the course," said Couples. "I feel like I should play well here and I want to play here every year and hopefully in the next few years win it again before I get too old."

Other golfers in the top 10 in the points race who are

competing in Calgary include Kevin Sutherland (fifth), Joe Durant (sixth), Lee Janzen (seventh), Esteban Toledo (eighth), Andrade (ninth) and Woody Austin (10th).

Couples will start the first round on Friday morning in a group with Montgomerie and Miguel Angel Jimenez, who ranks 15th in the Charles Schwab Cup points standings despite playing in only five Champions Tour events so far this season.

IN BRIEF

Police probe Kane

The NHL says it is "following developments" of a police investigation involving Chicago Blackhawks star Patrick Kane.

The Blackhawks said they are in the process of gathering information and declined further comment. The Buffalo News first reported the investigation Thursday.

Neighbours of Kane, who lives in Hamburg, N.Y., in the off-season, told the Chicago Tribune police arrived at his property Sunday night and that several plainclothes officers entered his house using flashlights. THE ASSOCIATED PRESS

Canada tops Czechs to wrap up exhibition series

Dylan Strome and Nick Merkley each scored twice as Canada beat the Czech Republic 6-2 on Thursday at the world junior development camp in

It was the last game of a four-game exhibition series between the Canadians, Russia and the Czech Republic.

Brayden Point and Olivier LeBlanc added the others for Canada. Jakub Zboril and Jiri Cernoch found the back of the net for the Czech Republic in the third period.

Kiwi Lee has one-shot lead at Bridgestone Invitational

Danny Lee made seven birdies for a 5-under 65 for a one-shot lead Thursday in his first time at the Bridgestone Invitational in six years.

New Zealander Lee had a one-shot lead over Graeme McDowell and Jim Furyk.

The major championship pairing of Jordan Spieth (Masters and U.S. Open) and Zach Johnson (British Open) produced two rounds of even-par 70. Some of that was rust from being off the last two weeks.

Soccer breaks down political barriers as West Bank plays Gaza Strip in Israel

Divided politically and geographically, Palestinians made strides toward unity with the first football match between a West Bank club and a Gaza Strip team in 15 years on Thursday

Gaza's Shijaiyah United played Hebron's Al-Ahly to raucous cheers in a packed stadium. The match ended in a 0-0 draw.

Israel restricts the movement of Palestinians in the West Bank and the Gaza Strip, and the local league's teams were under the same limits, meaning teams from the Palestinian territories hadn't faced off for years.

Israel approved Al-Ahly's entrance into Gaza following a request, according to Cogat, the Israeli defence body that handles civilian issues with the Palestinians.

CFL initiative aiming to tackle violence against women

Players and employees of the CFL will undergo yearly mandatory training on violence against women as part of a new league initiative. The CFL unveiled its policy on violence against women in Vancouver on Thursday, with an emphasis on preventing violence from occurring in the first place and acting quickly when it does happen.

"It's clear that the CFL condemns violence against women in all of its forms - domestic violence, sexual assault, verbal abuse and the disrespectful and damaging attitudes that can form the foundation of violence itself," CFL commissioner Jeffrey Orridge said on a conference call. THE CANADIAN PRESS

RECIPE Grilled Peach, Arugula and Goat Cheese Salad



EAT LIGHT AT HOM **Rose Reisman** rosereisman.com

Ready in

Prep time: 10 minutes Cook time: 4 minutes

Serves 6.

Ingredients

- Dressing
- 2 Tbsp orange juice concentrate
- 2 Tbsp olive oil
- •1 Tbsp honey
- •1 Tbsp lemon juice
- 2 tsp sesame oil
- 2 tsp soy sauce
- •1 tsp minced garlic
- 3/4 tsp minced ginger root
- · Salt and pepper Salad
- 2 large ripe peaches sliced in half, pit removed
- 6 cups arugula or baby spinach
- •1 small romaine head, chopped into bite size pieces

- 1/2 cup sliced red onion
- 1/3 cup toasted pecan halves
- 2 oz crumbled goat cheese

Directions

- 1. Dressing: Combine all the dressing ingredients in a small bowl.
- 2. In a hot grill pan or barbeque, grill peaches for two minutes per side. Remove to cool. Cut into wedges.
- 3. In a large serving platter, combine lettuces, onion, pecans and goat cheese. Add dressing and mix well.

Nutrition per serving

- Calories 190
- Protein 5 g
- · Carbohydrates 13 g
- Fibre 4 g
- Total fat 14 g
- · Saturated fat 3.5 g
- · Cholesterol 5 mg
- · Sodium 105 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

1. Pro golfer Mr. Watson 6. _ Bell (Anne Bronte's pen name) 11. Everybody 14. "We're finally _ own." - Nei Young, "Ohio" 15. Trombone part 16. Grassland 17. Area of dunes in Spruce Woods Provincial Park in Manitoba: 2 wds. 19. Lodge 20. Perform, like Shania Twain 21. "You _ there." (Comment made to the no-show-ee) 22. Famous 23. Ms. Jolie 25. Julia Louis-Drevfus role 27. Take 15 _-friendly 29. Blood glucose test finger pricker 32. 'Lion' suffix 33. Actor, Michael Murray 37. Ms. Remini's 38. Insect immobilizer 39. Prefix to 'graph' (Record player) 40. Mlle. cousin 41. Feel awful

42. Fireplace part

46. Madonna song:

49. Celebration of

Greek cuisine in To-

ronto: Krinos Taste of

the _ (August 7th to

43. Not is

er's hope

45. Audition-

/Ashtangi'

August 9th, 2015) 53. Soup sort 54. _-waist dress 56. Ms. Loughlin of "Full House" 57. Prime Minister, e.g. 58. Canadian author of Sea of Slaughter- 2 wds

60

60. Wedding words 61. Coral†reef type 62. Showbiz bigwig 63. Hosiery hue 64. Au courant 65. Anna Karenina,

written _ _ Tolstoy

61

DOWN 1. Elvis song: "_ Nova Baby 2. Remove a brooch 3 Comics sound effect for the noise a

spring makes! 4. Harvey's, for one: 2 wds.

62

5. Jackie O's hubby 6. Acquiesce

19

22

7. Ms. Bow, the girl in "It" (1927) 8. Prong 9 Peculiarity 10. Chocolate company 11. Excuse in court 12. Russian leader.

b.1870 - d.1924 13. Jessica of "American Horror Story" 18. "The _" by Chubby Checker 24. Spike and Bruce 26. Dig It! August = __ Month, in Ottawa 28. PC 'kev' 29. Bean and Cool J 30. _ Lingus (Ireland's flyer) 31. Natalie Cole's father 32. Water wiggler 34. Vertical's opp. 35. "_-Man" (2015) starring Paul Rudd 36. Play-38. Drollness 39. Ill-gotten riches 41. Create cartoons 42. Tea sweetener 44. Tennis great Mr. Edberg; or, "The Vampire Diaries" character 45. Seldom 46. Divvv up 47. Ms. Hopper of Hollywood's heyday gossip 48. Tori Spelling's father 49. Some pickles 50. Spur's small spiked wheel 51. Air conditioners company 52. "One _ (_ the Body)" by The Rolling Stones 55. Ship's figure-

head site

literature

59. Fairy queen in

***IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20 You must control your temper even if you have good reason to be angry. The current cosmic picture makes disputes look bigger than they are.

Taurus April 21 - May 21 What happens over the weekend is likely to throw some of your assumptions into disarray. It may be a painful experience but it is also a useful one especially if it inspires you to see things from a different point of view.

I Gemini May 22 - June 21 Something in your life is coming to an end. If you try to hold on to it any longer it will be snatched from your grasp by forces much greater than you know how to deal with. Bow to the inevitable.

Cancer June 22 - July 23 There is so much that you need to stay in control of that you are beginning to fear it could all fall apart. If you stay cool, you will come through unscathed. Trust yourself.

Leo July 24 - Aug. 23 You will have to give up something and it won't be an enjoyable experience. However, its presence in your life is blocking even better things from coming in. Let it go.

Virgo Aug. 24 - Sept. 23 You will find yourself pulled between extremes over the next 24 hours. Find ways to put off make ing a decision as long as you can. You are under no obligation to choose one path or the other.

Libra Sept. 24 - Oct. 23 You are spending too much time and energy on something that is of no real importance. Get your priorities in the right order. If you don't, the planets may force it on you.

M Scorpio Oct. 24 - Nov. 22 You may never goes back on a decision but you will have to make an exception to that rule today. Once the consequences come into focus you will quickly realize you got it wrong.

Sagittarius Nov. 23 - Dec. 21 Try to focus on what you have in common with other people rather than on what divides you. The current cosmic picture is making arguments more likely, but don't forget you have free will

Capricorn Dec. 22 - Jan. 20 According to the planets you have reached a point of no return. You have no choice now but to push ahead into the unknown. Where is your sense of adventure?

Aquarius Jan. 21 - Feb. 19 Strive to stay on good terms with partners and colleagues. If you fall out it may be a long time before you get the chance to patch things up.

- Pisces

Feb. 20 - March 20 At some stage today or over the weekend you will have to decide whether to follow your dream or to scale back your aspirations and take the same well-trodden path that so many have taken before you

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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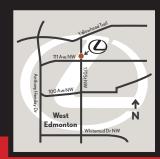
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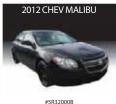
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